

# 2010 Indoor Rankings Women

Mark	Name	Team	YB	Age	Rd	PI	Meet	Location	Begin Date	Specs	
<b>Women 50m Sprint</b>											
1	6.48	Laarman, Loudia	CITC	91	19	F	3	K of C Indoor Games	Saskatoon, SK	4-Feb-10	14-Mar-10
<b>Women 60m Sprint</b>											
1	7.41	Laarman, Loudia	CITC	91	19	F	2	Simplot Games	Pocatello, ID	18-Feb-10	
2	*	7.52	Peart, Teneshia	CITC	86	24	F	1	Lobo Challenge	Albuquerque, NM	29-Jan-10
2	*	7.52	Dube, Winneth	PRE	72	38	F	2	Dino Classic	Calgary, AB	9-Jan-10
4	7.59	Nelson, Amonn	UCAC	88	22	F	1	Canada West Championships	Edmonton, AB	26-Feb-10	
5	7.61	Bayley, Krysia	LA	84	26	P	12	Razorback Invitational	Fayetteville, AR	22-Jan-10	
6	7.71	Khan, Janelle	VOL	86	24	S	4	Golden Bear Open	Edmonton, AB	15-Jan-10	
7	7.73	Walkeden, Leah	EH	93	17	F	1	Golden Bear Open	Edmonton, AB	15-Jan-10	
8	7.76	Clarke, Stephanie	EOC	93	17	F	1	Alberta Indoor Games	Edmonton, AB	13-Feb-10	
9	7.79	Bushie, Christine	CAP	89	21	P	2	Canada West Championships	Edmonton, AB	26-Feb-10	
10	*	7.88	Gordon, Christie	UN-AB	86	24	P	6	WSU Open	Pullman, WA	15-Jan-10
10	*	7.88	Smith, Courtney	VOL	89	21	F	4	Canada West Championships	Edmonton, AB	26-Feb-10
12	*	7.89	McMillan, Aimee	VOL	84	26	F	2	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
12	*	7.89	Miller, Lacey	LTH	92	18	P	5	Dino Classic	Calgary, AB	9-Jan-10
14	*	7.93	Asuchak, Hannah	CITC	93	17	F	1	Dino Classic	Calgary, AB	9-Jan-10
14	*	7.93	Pless, Shamelle	EH	94	16	F	1	Sled Dog	Saskatoon, SK	29-Jan-10
16	7.96	Lotwin, Kelsey	UCAC	89	21	F	3	Jack Simpson Open	Calgary, AB	23-Jan-10	
17	*	7.97	Dion, Rachelle	CITC	85	25	F	3	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
17	*	7.97	Webster, Robyn	UCAC	88	22	P	7	Bison Classic	Winnipeg, MB	6-Feb-10
17	*	7.97	Charlesworth, Nicky	CAL	94	16	F	1	Jack Simpson Open	Calgary, AB	23-Jan-10
20	7.98	Lempfers, Tayllor	ET	93	17	F	3	Golden Bear Open	Edmonton, AB	15-Jan-10	
21	8.00	Rintoul, Jenny	EH	90	20	F	2	Snow Fling	Edmonton, AB	10-Jan-10	
22	8.05	Grannum, Jazmine	SCS	94	16	F	2	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	
23	8.06	Clonfero, Daniella	EOC	93	17	F	3	Alberta Indoor Games	Edmonton, AB	13-Feb-10	
24	8.09	Francis, Mattea	EOC	96	14	F	1	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	
25	*	8.14	Hrycun, Alexa	EH	94	16	F	6	Golden Bear Open	Edmonton, AB	15-Jan-10
25	*	8.14	Watson, Sage	MED	94	16	F	2	Dino Classic	Calgary, AB	9-Jan-10
27	*	8.15	MacKay, Megan	CW	94	16	P	6	Golden Bear Open	Edmonton, AB	15-Jan-10
27	*	8.15	Walker, Morgan	EOC	96	14	F	2	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
27	*	8.15	Lee Pong, Noella	EH	60	49	F	1	World Masters Indoor Champ.	Kamloops, BC	1-Mar-10
30	8.18	Stephenson, Kimberly	UCAC	91	19	F	3	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	
31	8.19	Beatch, Megan	CAL	86	24	F	4	Alberta Indoor Games	Edmonton, AB	13-Feb-10	
32	8.20	Hughes, Sarah	CAL	94	16	F	3	Jack Simpson Open	Calgary, AB	23-Jan-10	
33	8.22	Hensel, Mariah	PRE	93	17	F	9	Golden Bear Open	Edmonton, AB	15-Jan-10	
34	*	8.25	Ntiamoah, Amanda	EH	92	18	F	4	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
34	*	8.25	Hunter, Jackie	UCAC	92	18	P	10	Dino Classic	Calgary, AB	9-Jan-10
36	8.29	Squires, Nicole	CAL	95	15	F	3	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	
37	8.30	Bertram, Karri	UCAC	92	18	F	8	Jack Simpson Open	Calgary, AB	23-Jan-10	
38	8.33	Ahart, Claire	LTH	94	16	F	6	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	
39	8.37	Harysh, Nicole	LED	95	15	F	1	Jack Simpson Open	Calgary, AB	23-Jan-10	
40	*	8.38	Morris, Tomi	UCAC	91	19	F	9	Jack Simpson Open	Calgary, AB	23-Jan-10
40	*	8.38	Hazen, Melissa	CAL	94	16	P	11	Golden Bear Open	Edmonton, AB	15-Jan-10
42	*	8.39	Colville, Brittany	EOC	92	18	F	3	Golden Bear Open	Edmonton, AB	15-Jan-10
42	*	8.39	Ostrosser, Josee	CITC	93	17	F	5	Dino Classic	Calgary, AB	9-Jan-10
44	8.40	Bauer, Nicole	COTC	93	17	F	7	Dino Classic	Calgary, AB	9-Jan-10	
45	8.41	Gainsforth, Kami	LED	95	15	P	6	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	
46	8.42	Morrison, Deshaunda	CW	95	15	P	7	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	
47	8.44	Roberts, Marissa	UCAC	90	20	P	20	Kinsmen Indoor Games	Regina, SK	12-Feb-10	
48	*	8.45	Kowalenko, Megan	CW	96	14	P	10	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
48	*	8.45	Dixon, Emma	CS	97	13	F	1	Jack Simpson Open	Calgary, AB	23-Jan-10
50	*	8.47	Ridout, Paige	UCAC	92	18	P	10	Jack Simpson Open	Calgary, AB	23-Jan-10
50	*	8.47	Van Vliet, Devan	UCAC	94	16	F	7	Jack Simpson Open	Calgary, AB	23-Jan-10
50	*	8.47	Hirst, Ellie	CAL	95	15	F	2	Alberta Indoor Games	Edmonton, AB	13-Feb-10
53	*	8.49	Stephen, Allison	CAL	95	15	P	3	Alberta Indoor Games	Edmonton, AB	13-Feb-10
53	*	8.49	Lee Pong, Kayla	EH	94	16	F	8	Snow Fling	Edmonton, AB	10-Jan-10
55	8.52	MacDonald, Lindsey	NEAT	95	15	P	11	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	
56	*	8.54	Roth, Emily	CS	94	16	P	6	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
56	*	8.54	Krill, Sydney	CW	95	15	P	12	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
58	8.57	Baerg, Karen	CS	83	27	P	12	Jack Simpson Open	Calgary, AB	23-Jan-10	
59	8.58	Bymoan, Katelyn	CAL	92	18	P	15	Dino Classic	Calgary, AB	9-Jan-10	
60	8.59	Pommen, Courtney	LTH	92	18	F	8	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	

## 2010 Indoor Rankings

61	8.62	Kalmakoff, Jessica	CAL	95	15	F	12	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
62	8.63	Fedorus, Jaclyn	CAP	88	22	F	11	Snow Fling	Edmonton, AB	10-Jan-10
63 *	8.64	Dunlop, Elizabeth	COTC	96	14	P	15	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
63 *	8.64	Smallwood, Natasha	LED	96	14	F	1	Jack Simpson Open	Calgary, AB	23-Jan-10
63 *	8.64	Schneider, Lindy	UCAC	83	27	P	16	Dino Classic	Calgary, AB	9-Jan-10
66	8.65	Bock, Arielle	LED	94	16	F	11	Dino Classic	Calgary, AB	9-Jan-10
67 *	8.66	Kereliuk, Maya	VOL	96	14	F	8	Golden Bear Open	Edmonton, AB	15-Jan-10
67 *	8.66	Pavic, Ana	PRE	86	24	P	17	Dino Classic	Calgary, AB	9-Jan-10
67 *	8.66	Wigg, Jacqueline	UCAC	89	21	P	18	Dino Classic	Calgary, AB	9-Jan-10
70 *	8.67	McDougall, Natalie	CW	97	13	F	2	Jack Simpson Open	Calgary, AB	23-Jan-10
70 *	8.67	Rieder, Lauren	LYJ	96	14	P	8	Golden Bear Open	Edmonton, AB	15-Jan-10
72 *	8.68	MacDonald, Alanna	VOL	95	15	P	12	Golden Bear Open	Edmonton, AB	15-Jan-10
72 *	8.68	Burnett, Evelyn	CS	58	52	P	5	World Masters Indoor Champ.	Kamloops, BC	1-Mar-10
74 *	8.69	Galey, Jasmine	CAL	95	15	P	16	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
74 *	8.69	McKain, Cassidy	RED	98	12	F	2	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
76 *	8.72	Maylan, Ashley	CW	95	15	P	17	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
76 *	8.72	Oszust, Jessica	NEAT	88	22	F	4	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
78	8.73	Meeuwisse, Kelly Ann	UCAC	94	16	F	12	Dino Classic	Calgary, AB	9-Jan-10
79 *	8.74	Allen, Candace	EOC	94	16	P	17	Golden Bear Open	Edmonton, AB	15-Jan-10
79 *	8.74	Bertram, Keightley	UCAC	90	20	F	5	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
79 *	8.74	McGowan, Kendra	COTC	95	15	F	7	Dino Classic	Calgary, AB	9-Jan-10
82	8.75	Tiberio, Janessa	CAL	96	14	P	18	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
83	8.76	Martin, Emma	CAL	97	13	F	3	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
84	8.77	Mayfield, Isabel	EH	95	15	P	20	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
85 *	8.80	McCowan, Jacqueline	UCAC	95	15	P	21	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
85 *	8.80	Wilson-Bodnar, Emily	CAL	96	14	P	8	Alberta Indoor Games	Edmonton, AB	13-Feb-10
87	8.81	Lucas, Hayley	NEAT	95	15	P	22	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
88 *	8.82	O'Brien, Chase	CAL	96	14	F	3	Jack Simpson Open	Calgary, AB	23-Jan-10
88 *	8.82	Schoenthaler, Sheryl	CS	64	45	F	6	World Masters Indoor Champ.	Kamloops, BC	1-Mar-10
90	8.85	England, Jasmine	STA	93	17	P	19	Golden Bear Open	Edmonton, AB	15-Jan-10
91	8.88	Humble, Shaina	CW	92	18	P	18	Jack Simpson Open	Calgary, AB	23-Jan-10
92	8.89	Dietrich-Henderson, Antha	CAL	96	14	P	25	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
93	8.92	Vocke, Cassie	COTC	93	17	P	20	Golden Bear Open	Edmonton, AB	15-Jan-10
94	8.93	Corbiere, Kimberly	LYJ	94	16	P	13	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
95	8.97	Hlady-Schlachter, Teresa	UCAC	64	46	F	2	Dino Classic	Calgary, AB	9-Jan-10
96	8.99	Torrance, Melissa	CAL	95	15	P	27	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
97	9.00	Curle, Emma	STA	97	13	F	3	Golden Bear Open	Edmonton, AB	15-Jan-10
98 *	9.01	Cosman, Miranda	CS	92	18	P	23	Dino Classic	Calgary, AB	9-Jan-10
98 *	9.01	Nef, Gabriela	STA	94	16	P	17	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
98 *	9.01	Williams, Carly	UCAC	94	16	F	14	Dino Classic	Calgary, AB	9-Jan-10
101 *	9.02	Campbell, Katelyn	CAL	95	15	P	28	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
101 *	9.02	Hall, Yasmine	UN-AB	98	12	F	4	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
103 *	9.03	Huston, Jordan	RED	96	14	P	29	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
103 *	9.03	Newton, Kennedy	STA	97	13	F	4	Golden Bear Open	Edmonton, AB	15-Jan-10
105	9.05	Hunerfauth, Katelyn	CS	93	17	F	12	Jack Simpson Open	Calgary, AB	23-Jan-10
106	9.07	Davidson, Jacquelyn	SCS	95	15	P	30	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
107	9.09	Gerber, Michelle	SCS	96	14	P	31	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
108 *	9.12	Cakmak, Noelle	LED	98	12	F	4	Dino Classic	Calgary, AB	9-Jan-10
108 *	9.12	Merth, Jenna	SCS	97	13	F	5	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
110	9.13	Simard, Christine	LED	96	14	F	4	Dino Classic	Calgary, AB	9-Jan-10
111	9.14	Pless, Mariette	EH	97	13	F	2	Snow Fling	Edmonton, AB	10-Jan-10
112	9.15	Thomson, Zandra	CS	94	16	P	18	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
113 *	9.16	Dillon, Cayle	EOC	97	13	F	7	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
114 *	9.16	Flint, Devin	LED	96	14	F	5	Dino Classic	Calgary, AB	9-Jan-10
115 *	9.17	Ould-Hamouda, Zahra	CS	86	24	P	19	Jack Simpson Open	Calgary, AB	23-Jan-10
116 *	9.17	Hull, Mia	CAL	98	12	F	2	Jack Simpson Open	Calgary, AB	23-Jan-10
117 *	9.20	MacEachern, Analiese	LED	96	14	F	6	Dino Classic	Calgary, AB	9-Jan-10
118 *	9.20	Mitchell, Brittany	PAS	97	13	F	5	Dino Classic	Calgary, AB	9-Jan-10
119 *	9.21	Basher, Erin	EH	97	13	F	6	Golden Bear Open	Edmonton, AB	15-Jan-10
120 *	9.24	Trocchi-Hughes, Bailey	EOC	97	13	F	9	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
121 *	9.24	Williams, Cleo	COTC	98	12	F	3	Jack Simpson Open	Calgary, AB	23-Jan-10
122 *	9.27	Hammond, Hannah	EH	98	12	F	10	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
123 *	9.27	Jacso, Maria	CAL	95	15	P	33	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
124 *	9.28	Sinnatamby, Tiana	EH	97	13	F	8	Alberta Indoor Games	Edmonton, AB	13-Feb-10
125	9.30	Nerbas, Joelle	SCS	93	17	P	10	Alberta Indoor Games	Edmonton, AB	13-Feb-10
126	9.31	Kimmnett, Carly	CS	98	12	F	4	Jack Simpson Open	Calgary, AB	23-Jan-10
127	9.33	St. Amant, Desiree	LYJ	96	14	P	33	Golden Bear Open	Edmonton, AB	15-Jan-10
128	9.34	Jolicoeur, Jovette	CS	59	51	F	4	Jack Simpson Open	Calgary, AB	23-Jan-10

## 2010 Indoor Rankings

129	*	9.35	Cook, Lucy	EH	97	13	F	14	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
130	*	9.35	Smyth, Jacquelyn	MED	98	12	F	7	Dino Classic	Calgary, AB	9-Jan-10
131		9.36	Morgan, Payton	STA	98	12	F	10	Alberta Indoor Games	Edmonton, AB	13-Feb-10
132	*	9.37	Parmar, Chava	LED	97	13	F	6	Dino Classic	Calgary, AB	9-Jan-10
133	*	9.37	Garnett, Lauren	CAL	95	15	P	16	Alberta Indoor Games	Edmonton, AB	13-Feb-10
134	*	9.38	Laramée, Jocelyn	NEAT	97	13	F	15	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
135	*	9.39	Brodrecht, Courtney	EH	96	14	P	36	Golden Bear Open	Edmonton, AB	15-Jan-10
136	*	9.39	Fridman, Lauren	CAL	96	14	F	8	Dino Classic	Calgary, AB	9-Jan-10
137	*	9.43	Hendricks, Mason	PAS	96	14	P	35	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
138	*	9.43	Greenaway, Kiera	EOC	98	12	F	17	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
139		9.44	Green, Jenna	UCAC	93	17	F	14	Jack Simpson Open	Calgary, AB	23-Jan-10
140		9.45	Hanlon, Cameo	PAS	98	12	F	4	Dino Classic	Calgary, AB	9-Jan-10
141		9.46	Lauridsen, Susanne	CS	58	52	P	8	World Masters Indoor Champ.	Kamloops, BC	1-Mar-10
142		9.47	James, Jaydin	EOC	97	13	F	14	Alberta Indoor Games	Edmonton, AB	13-Feb-10
143		9.48	Starosielski, Mienna	NEAT	98	12	F	18	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
144	*	9.50	Kuerschner, Melina	EH	98	12	F	17	Golden Bear Open	Edmonton, AB	15-Jan-10
145	*	9.50	Jeffery, Baylee	NEAT	97	13	F	20	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
146	*	9.54	Williams, Tulsa	COTC	96	14	F	6	Jack Simpson Open	Calgary, AB	23-Jan-10
147		9.60	Antoniuk, Kiara	CAC	98	12	F	22	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
148		9.61	Dargie, Betty	UCAC	42	68	F	3	Alberta Indoor Games	Edmonton, AB	13-Feb-10
149		9.62	Cardinal, Sherice	CNCS	94	16	P	11	Alberta Indoor Games	Edmonton, AB	13-Feb-10
150		9.63	Allingham, Kayla	EH	97	13	F	23	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
151	*	9.64	Bolen, Georgia	COTC	97	13	F	17	Alberta Indoor Games	Edmonton, AB	13-Feb-10
152		9.67	Dubiel, Kerrie	MED	96	14	F	7	Jack Simpson Open	Calgary, AB	23-Jan-10
153	*	9.69	Conibear, Delainy	CAL	97	13	F	5	Jack Simpson Open	Calgary, AB	23-Jan-10
154	*	9.69	Nutting, Jan	MAS	53	57	F	3	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
155		9.70	MacDonald, Madison	NEAT	97	13	P	3	Snow Fling	Edmonton, AB	10-Jan-10
156		9.73	Amerongen, Loretta	UAAC	53	57	F	4	Alberta Indoor Games	Edmonton, AB	13-Feb-10
157	*	9.74	Hartling, Carsyn	EH	97	13	F		Sled Dog	Saskatoon, SK	29-Jan-10
158	*	9.74	Choi, Jiwon	CAL	95	15	P	18	Alberta Indoor Games	Edmonton, AB	13-Feb-10
159		9.80	Gould, Alysia	STA	95	13	F	27	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
160		9.82	Mather-Shapiro, Chanelle	CAL	94	16	F	16	Dino Classic	Calgary, AB	9-Jan-10
161		9.83	Glover, Anna	CAL	97	13	F	28	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
162		9.90	Wood, Heather	CAL	98	12	F	30	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
163		9.97	Young, Lelaina	STA	98	12	F	26	Golden Bear Open	Edmonton, AB	15-Jan-10
164		10.13	Oszust, Dharma	EH	98	12	F	32	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
165		10.16	Burton, Lucille	MAS	41	69	F	1	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
166		10.17	Yee, Madelaine	CAL	97	13	F	33	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
167		10.50	Schuh, Moriah	PAS	98	12	F	30	Golden Bear Open	Edmonton, AB	15-Jan-10
168		10.51	Harper, Kathleen	CS	98	12	F	7	Jack Simpson Open	Calgary, AB	23-Jan-10
169		10.59	Black, Michelle	EOC	98	12	F	35	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
170		10.99	Teichreb, Kiana	SCS	98	12	F	36	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
171		11.02	White, Jamie-Lee	CNCS	97	13	F	26	Alberta Indoor Games	Edmonton, AB	13-Feb-10
172		13.55	McQuarrie, Betty	MAS	28	81	F	2	World Masters Indoor Champ.	Kamloops, BC	1-Mar-10

## 2010 Indoor Rankings

## Women 150m Sprint

1	20.58	Dixon, Emma	CS	97	13	F	1	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	
2	21.49	Martin, Emma	CAL	97	13	F	2	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	
3	21.68	McDougall, Natalie	CW	97	13	F	3	Dino Classic	Calgary, AB	9-Jan-10	
4	21.93	Curle, Emma	STA	97	13	F	3	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	
5	22.10	McKain, Cassidy	RED	98	12	F	4	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	
6	22.41	Dillon, Cayle	EOC	97	13	F	5	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	
7	22.42	Cakmak, Noelle	LED	98	12	F	6	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	
8	22.62	Trocchi-Hughes, Bailey	EOC	97	13	F	7	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	
9	*	22.68	Hull, Mia	CAL	98	12	F	1	Dino Classic	Calgary, AB	9-Jan-10
9	*	22.68	Merth, Jenna	SCS	97	13	F	8	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
11	22.78	Mitchell, Brittany	PAS	97	13	F	5	Dino Classic	Calgary, AB	9-Jan-10	
12	22.99	Kuerschner, Melina	EH	98	12	F	9	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	
13	*	23.09	Williams, Cleo	COTC	98	12	F	3	Dino Classic	Calgary, AB	9-Jan-10
14	23.19	Laramée, Jocelyn	NEAT	97	13	F	12	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	
15	23.20	Morgan, Payton	STA	98	12	F	13	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	
16	23.21	Basher, Erin	EH	97	13	F	14	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	
17	23.33	Starosielski, Mienna	NEAT	98	12	F	15	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	
18	23.49	Cook, Lucy	EH	97	13	F	16	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	
19	23.63	Antoniuk, Kiara	CAC	98	12	F	4	Dino Classic	Calgary, AB	9-Jan-10	
20	23.66	Greenaway, Kiera	EOC	98	12	F	17	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	
21	23.67	Hammond, Hannah	EH	98	12	F	18	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	
22	23.90	Jeffery, Baylee	NEAT	97	13	F	20	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	
23	23.91	Allingham, Kayla	EH	97	13	F	21	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	
24	24.01	Parmar, Chava	LED	97	13	F	22	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	
25	24.35	Conibear, Delainy	CAL	97	13	F	6	Dino Classic	Calgary, AB	9-Jan-10	
26	24.48	Gould, Alysia	STA	95	13	F	24	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	
27	24.63	Hanlon, Cameo	PAS	98	12	F	25	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	
28	24.67	Hartling, Carsyn	EH	97	13	F	26	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	
29	*	24.70	Oszust, Dharma	EH	98	12	F	27	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
29	*	24.70	Bolen, Georgia	COTC	97	13	F	8	Dino Classic	Calgary, AB	9-Jan-10
31	25.27	Glover, Anna	CAL	97	13	F	10	Dino Classic	Calgary, AB	9-Jan-10	
32	25.31	Wood, Heather	CAL	98	12	F	30	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	
33	27.19	Black, Michelle	EOC	98	12	F	34	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	
34	29.13	Teichreb, Kiana	SCS	98	12	F	35	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	
35	30.80	Yee, Madelaine	CAL	97	13	F	36	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	

## 2010 Indoor Rankings

## Women 200m Sprint

1	23.68	Nadjina, Kaltouma	CITC	76	34	F	1	K of C Indoor Games	Saskatoon, SK	4-Feb-10	
2	23.91	Peart, Teneshia	CITC	86	24	F	3	MWC Championships	Albuquerque, NM	25-Feb-10	
3	24.28	Nelson, Amonn	UCAC	88	22	F	2	K of C Indoor Games	Saskatoon, SK	4-Feb-10	
4	24.30	Laarman, Loudia	CITC	91	19	F	2	Simplot Games	Pocatello, ID	18-Feb-10	
5	25.04	Khan, Janelle	VOL	86	24	F	1	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	
6	25.67	Sullivan, Deanna	STA	88	22	P	16	Husker Invitational	Lincoln, NE	5-Feb-10	
7	*	25.71	Clarke, Stephanie	EOC	93	17	F	1	Golden Bear Open	Edmonton, AB	15-Jan-10
7	*	25.71	Dube, Winneth	PRE	72	38	P	2	Golden Bear Open	Edmonton, AB	15-Jan-10
9	25.84	Oudenaarden, Niki	EOC	94	16	F	1	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	
10	26.03	Clonfero, Daniella	EOC	93	17	P	2	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	
11	26.11	Asuchak, Hannah	CITC	93	17	P	5	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	
12	26.16	Beatch, Megan	CAL	86	24	F	2	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	
13	26.40	McMillan, Aimee	VOL	84	26	F	3	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	
14	26.41	Hunter, Jackie	UCAC	92	18	F	2	Kinsmen Indoor Games	Regina, SK	12-Feb-10	
15	26.43	Walker, Morgan	EOC	96	14	F	1	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	
16	26.45	Hrycun, Alexa	EH	94	16	F	3	Golden Bear Open	Edmonton, AB	15-Jan-10	
17	26.54	Lempfers, Tayllor	ET	93	17	P	5	Golden Bear Open	Edmonton, AB	15-Jan-10	
18	26.56	Dion, Rachelle	CITC	85	25	F	4	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	
19	26.64	Hensel, Mariah	PRE	93	17	P	3	Golden Bear Open	Edmonton, AB	15-Jan-10	
20	26.95	Stephenson, Kimberly	UCAC	91	19	P	2	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	
21	27.17	Lee Pong, Noella	EH	60	49	F	1	World Masters Indoor Champ.	Kamloops, BC	1-Mar-10	
22	27.23	Bauer, Nicole	COTC	93	17	P	6	Golden Bear Open	Edmonton, AB	15-Jan-10	
23	27.26	Grannum, Jazmine	SCS	94	16	F	5	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	
24	27.41	MacKay, Megan	CW	94	16	P	9	Golden Bear Open	Edmonton, AB	15-Jan-10	
25	27.51	Ntiamoah, Amanda	EH	92	18	P	3	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	
26	27.58	Ridout, Paige	UCAC	92	18	P	4	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	
27	27.60	Hughes, Sarah	CAL	94	16	P	11	Golden Bear Open	Edmonton, AB	15-Jan-10	
28	27.68	Simonson, Katherine	UN-AB	89	21	F	4	Lake State Classic	Sault Ste. Marie, MI	16-Jan-10	
29	27.79	Squires, Nicole	CAL	95	15	P	8	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	
30	27.86	Boyd, Stephanie	PCTF	92	18	P	8	Golden Bear Open	Edmonton, AB	15-Jan-10	
31	27.87	Gainsforth, Kami	LED	95	15	P	2	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	
32	27.92	Francis, Mattea	EOC	96	14	F	3	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	
33	27.98	Morrison, Deshaunda	CW	95	15	P	9	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	
34	28.03	Hirst, Ellie	CAL	95	15	F	5	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	
35	28.12	Colville, Brittany	EOC	92	18	P	9	Golden Bear Open	Edmonton, AB	15-Jan-10	
36	*	28.17	Pavic, Ana	PRE	86	24	P	10	Golden Bear Open	Edmonton, AB	15-Jan-10
36	*	28.17	Harysh, Nicole	LED	95	15	P	10	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
38	28.18	Meeuwisse, Kelly Ann	UCAC	94	16	F	7	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	
39	28.36	Stephen, Allison	CAL	95	15	P	6	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	
40	28.37	Krill, Sydney	CW	95	15	P	11	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	
41	28.58	Bock, Arielle	LED	94	16	P	49	Simplot Games	Pocatello, ID	18-Feb-10	
42	28.72	Bertram, Karri	UCAC	92	18	P	7	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	
43	28.83	Simpson, Lauren	LA	91	19	P	13	Golden Bear Open	Edmonton, AB	15-Jan-10	
44	28.84	Tiberio, Janessa	CAL	96	14	P	12	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	
45	28.85	Kereliuk, Maya	VOL	96	14	F	7	Golden Bear Open	Edmonton, AB	15-Jan-10	
46	28.86	Kalmakoff, Jessica	CAL	95	15	P	13	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	
47	29.01	MacDonald, Alanna	VOL	95	15	F	10	Golden Bear Open	Edmonton, AB	15-Jan-10	
48	29.05	McCowan, Jacqueline	UCAC	95	15	P	14	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	
49	29.11	Roth, Emily	CS	94	16	P	9	Kinsmen Indoor Games	Regina, SK	12-Feb-10	
50	29.16	MacDonald, Lindsey	NEAT	95	15	P	17	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	
51	29.25	Fedorus, Jaclyn	CAP	88	22	P	5	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	
52	29.32	Galey, Jasmine	CAL	95	15	P	18	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	
53	29.41	Dunlop, Elizabeth	COTC	96	14	P	19	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	
54	29.43	O'Brien, Chase	CAL	96	14	P	20	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	
55	29.44	Hlady-Schlachter, Teresa	UCAC	64	46	P	7	World Masters Indoor Champ.	Kamloops, BC	1-Mar-10	
56	29.54	Francois, Julie	EH	59	51	F	4	World Masters Indoor Champ.	Kamloops, BC	1-Mar-10	
57	29.56	Oszust, Jessica	NEAT	88	22	F	6	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	
58	29.60	Lucas, Hayley	NEAT	95	15	P	21	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	
59	29.63	Maylan, Ashley	CW	95	15	P	22	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	
60	29.67	Kowalenko, Megan	CW	96	14	P	23	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	
61	29.77	Taylor, Jordan	LED	95	15	P	25	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	
62	*	29.81	Burnett, Evelyn	CS	58	52	F	1	Kinsmen Indoor Games	Regina, SK	12-Feb-10
62	*	29.81	Torrance, Melissa	CAL	95	15	P	26	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
64	29.87	Schoenthaler, Sheryl	CS	64	46	F	1	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	
65	29.92	McGowan, Kendra	COTC	95	15	P	12	Golden Bear Open	Edmonton, AB	15-Jan-10	
66	30.13	Campbell, Katelyn	CAL	95	15	P	27	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	
67	30.15	Miller, Julie	NEAT	93	17	P	14	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	

## 2010 Indoor Rankings

68	30.31	Allen, Candace	EOC	94	16	P	15	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
69	30.40	Mayfield, Isabel	EH	95	15	P	20	Golden Bear Open	Edmonton, AB	15-Jan-10
70 *	30.42	Francois, Hayley	EH	95	15	P	28	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
70 *	30.42	Yee, Rachel	CAL	92	18	P	8	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
72	30.48	Hunerfauth, Katelyn	CS	93	17	P	13	Kinsmen Indoor Games	Regina, SK	12-Feb-10
73 *	30.56	Vocke, Cassie	COTC	93	17	P	16	Golden Bear Open	Edmonton, AB	15-Jan-10
73 *	30.56	Huston, Jordan	RED	96	14	P	30	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
75	30.57	Rieder, Lauren	LYJ	96	14	P	21	Golden Bear Open	Edmonton, AB	15-Jan-10
76	30.63	Dietrich-Henderson, Antha	CAL	96	14	P	31	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
77	30.81	MacEachern, Analiese	LED	96	14	P	32	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
78	30.87	Davidson, Jacquelyn	SCS	95	15	P	33	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
79	30.93	Wilson-Bodnar, Emily	CAL	96	14	P	34	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
80	31.12	Jacso, Maria	CAL	95	15	P	35	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
81	31.14	Cosman, Miranda	CS	92	18	P	15	Golden Bear Open	Edmonton, AB	15-Jan-10
82	31.16	Bieleny, Sydney	EH	96	14	P	36	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
83 *	31.21	Gerber, Michelle	SCS	96	14	P	24	Golden Bear Open	Edmonton, AB	15-Jan-10
83 *	31.21	Ould-Hamouda, Zahra	CS	86	24	P	7	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
85	31.35	Lauridsen, Susanne	CS	58	52	F	1	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
86	32.32	Thomson, Zandra	CS	94	16	P	14	Kinsmen Indoor Games	Regina, SK	12-Feb-10
87	32.85	St. Denis, Shyanne	CNCS	94	16	P	18	Golden Bear Open	Edmonton, AB	15-Jan-10
88	32.95	Nutting, Jan	MAS	53	56	F	4	World Masters Indoor Champ.	Kamloops, BC	1-Mar-10
89	33.43	Wepruk, Sonja	EH	78	32	F	2	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
90	34.04	Hik, Freya	EH	95	15	P	33	Golden Bear Open	Edmonton, AB	15-Jan-10
91	34.84	Kaya, Deniz	CAL	92	18	P	9	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
92	35.78	Burton, Lucille	MAS	41	69	F	1	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
93	35.98	Howlett, Rayna	EH	96	14	P	37	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
94	45.10	Owens, Katherine	MAS	47	62	F	6	World Masters Indoor Champ.	Kamloops, BC	1-Mar-10
95	48.64	McQuarrie, Betty	MAS	28	81	F	1	World Masters Indoor Champ.	Kamloops, BC	1-Mar-10

## 2010 Indoor Rankings

## Women 300m Sprint

1	37.75	Nadjina, Kaltouma	CITC	76	34	F	1	Golden Bear Open	Edmonton, AB	15-Jan-10
2	37.92	Nelson, Amonn	UCAC	88	22	F	1	CIS Indoor Championships	Windsor, ON	11-Mar-10
3	38.46	Muir, Carline	LA	87	23	F	2	Golden Bear Open	Edmonton, AB	15-Jan-10
4	40.05	Dube, Winneth	PRE	72	38	F	1	Jack Simpson Open	Calgary, AB	23-Jan-10
5	40.29	Walkeden, Leah	EH	93	17	F	1	Snow Fling	Edmonton, AB	10-Jan-10
6	40.33	Kendall, Danielle	CS	90	20	P	3	Canada West Championships	Edmonton, AB	26-Feb-10
7	40.35	Lotwin, Kelsey	UCAC	89	21	F	5	CIS Indoor Championships	Windsor, ON	11-Mar-10
8	40.95	Watson, Sage	MED	94	16	F	2	Kinsmen Indoor Games	Regina, SK	12-Feb-10
9	41.40	Beatch, Megan	CAL	86	24	P	1	Alberta Indoor Games	Edmonton, AB	13-Feb-10
10	41.55	Pless, Shamelle	EH	94	16	F	9	Golden Bear Open	Edmonton, AB	15-Jan-10
11	41.58	Ratzlaff, Holly	CAL	84	26	F	3	Jack Simpson Open	Calgary, AB	23-Jan-10
12	41.62	Hensel, Mariah	PRE	93	17	F	4	Jack Simpson Open	Calgary, AB	23-Jan-10
13	41.83	Oudenaarden, Niki	EOC	94	16	F	2	Snow Fling	Edmonton, AB	10-Jan-10
14	41.87	Lempfers, Tayllor	ET	93	17	F	1	Alberta Indoor Games	Edmonton, AB	13-Feb-10
15	41.98	Bauer, Nicole	COTC	93	17	F	2	Alberta Indoor Games	Edmonton, AB	13-Feb-10
16	42.11	Hunter, Jackie	UCAC	92	18	F	4	Kinsmen Indoor Games	Regina, SK	12-Feb-10
17	42.32	Bushie, Christine	CAP	89	21	F	6	Jack Simpson Open	Calgary, AB	23-Jan-10
18	42.53	Clonfero, Daniella	EOC	93	17	F	10	Golden Bear Open	Edmonton, AB	15-Jan-10
19	42.61	Hrycun, Alexa	EH	94	16	F	5	Snow Fling	Edmonton, AB	10-Jan-10
20	43.06	Smallwood, Natasha	LED	96	14	F	1	Alberta Indoor Games	Edmonton, AB	13-Feb-10
21	43.34	Hirst, Ellie	CAL	95	15	F	1	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
22	43.38	Walker, Morgan	EOC	96	14	F	1	Golden Bear Open	Edmonton, AB	15-Jan-10
23	43.64	Charlesworth, Nicky	CAL	94	16	F	7	Jack Simpson Open	Calgary, AB	23-Jan-10
24	43.65	Stephen, Allison	CAL	95	15	F	2	Alberta Indoor Games	Edmonton, AB	13-Feb-10
25	43.78	Pavic, Ana	PRE	86	24	F	8	Jack Simpson Open	Calgary, AB	23-Jan-10
26	43.93	Hughes, Sarah	CAL	94	16	F	3	Alberta Indoor Games	Edmonton, AB	13-Feb-10
27	43.96	Squires, Nicole	CAL	95	15	F	2	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
28	44.19	Morrison, Deshaunda	CW	95	15	F	3	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
29	44.37	Harysh, Nicole	LED	95	15	F	4	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
30	44.39	Lee Pong, Noella	EH	60	50	F	13	Sled Dog	Saskatoon, SK	29-Jan-10
31	44.53	Wigg, Jacqueline	UCAC	89	21	F	14	Sled Dog	Saskatoon, SK	29-Jan-10
32	44.58	Dixon, Emma	CS	97	13	F	2	Dino Classic	Calgary, AB	9-Jan-10
33	44.99	McAvoy, Shannon	UCAC	93	17	F	10	Jack Simpson Open	Calgary, AB	23-Jan-10
34	45.18	MacKay, Megan	CW	94	16	F	12	Dino Classic	Calgary, AB	9-Jan-10
35	45.20	Ahart, Claire	LTH	94	16	F	13	Dino Classic	Calgary, AB	9-Jan-10
36 *	45.32	O'Brien, Chase	CAL	96	14	F	2	Jack Simpson Open	Calgary, AB	23-Jan-10
36 *	45.32	Krill, Sydney	CW	95	15	F	6	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
38	45.38	Galey, Jasmine	CAL	95	15	F	7	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
39	45.62	MacDonald, Lindsey	NEAT	95	15	F	8	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
40	45.73	Fedorus, Jaclyn	CAP	88	22	F	8	Kinsmen Indoor Games	Regina, SK	12-Feb-10
41	45.74	Boyd, Stephanie	PCTF	92	18	P	2	Alberta Indoor Games	Edmonton, AB	13-Feb-10
42 *	45.84	Kalmakoff, Jessica	CAL	95	15	P	4	Alberta Indoor Games	Edmonton, AB	13-Feb-10
42 *	45.84	McDougall, Natalie	CW	97	13	F	3	Jack Simpson Open	Calgary, AB	23-Jan-10
44	46.08	Giannelia, Alexis	UCAC	93	17	F	5	Sled Dog	Saskatoon, SK	29-Jan-10
45	46.16	Gainsforth, Kami	LED	95	15	P	5	Alberta Indoor Games	Edmonton, AB	13-Feb-10
46	46.18	Kereliuk, Maya	VOL	96	14	P	6	Alberta Indoor Games	Edmonton, AB	13-Feb-10
47	46.20	Hlady-Schlachter, Teresa	UCAC	64	46	F	1	Jack Simpson Open	Calgary, AB	23-Jan-10
48	46.58	McGowan, Kendra	COTC	95	15	F	10	Golden Bear Open	Edmonton, AB	15-Jan-10
49 *	46.71	Tiberio, Janessa	CAL	96	14	F	11	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
49 *	46.71	Humble, Shaina	CW	92	18	F	15	Dino Classic	Calgary, AB	9-Jan-10
51	46.94	Lucas, Hayley	NEAT	95	15	F	12	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
52	46.96	Bock, Arielle	LED	94	16	F	16	Dino Classic	Calgary, AB	9-Jan-10
53	47.11	Leggatt, Hannah	EH	96	14	F	13	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
54	47.36	Taylor, Jordan	LED	95	15	F	14	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
55	47.37	Dunlop, Elizabeth	COTC	96	14	F	15	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
56	47.51	Bymoan, Katelyn	CAL	92	18	P	4	Alberta Indoor Games	Edmonton, AB	13-Feb-10
57 *	47.56	Fridman, Lauren	CAL	96	14	P	8	Alberta Indoor Games	Edmonton, AB	13-Feb-10
57 *	47.56	MacEachern, Analiese	LED	96	14	F	4	Dino Classic	Calgary, AB	9-Jan-10
59	47.65	Laforge, Riley	LED	94	16	F	17	Dino Classic	Calgary, AB	9-Jan-10
60	47.69	Campbell, Katelyn	CAL	95	15	F	7	Dino Classic	Calgary, AB	9-Jan-10
61	48.23	Kowalenko, Megan	CW	96	14	F	5	Jack Simpson Open	Calgary, AB	23-Jan-10
62	48.32	Maylan, Ashley	CW	95	15	F	7	Jack Simpson Open	Calgary, AB	23-Jan-10
63	48.34	Vocke, Cassie	COTC	93	17	F	19	Dino Classic	Calgary, AB	9-Jan-10
64	48.45	Flint, Devin	LED	96	14	F	6	Jack Simpson Open	Calgary, AB	23-Jan-10
65	48.93	Allen, Candace	EOC	94	16	P	4	Alberta Indoor Games	Edmonton, AB	13-Feb-10
66	48.99	Dietrich-Henderson, Antha	CAL	96	14	P	10	Alberta Indoor Games	Edmonton, AB	13-Feb-10
67	49.02	Torrance, Melissa	CAL	95	15	F	14	Golden Bear Open	Edmonton, AB	15-Jan-10

## 2010 Indoor Rankings

68	49.35	Morgan, Emma	CW	94	16	F	20	Dino Classic	Calgary, AB	9-Jan-10
69	49.39	Smyth, Jacquelyn	MED	98	12	F	8	Dino Classic	Calgary, AB	9-Jan-10
70	49.44	Mayfield, Isabel	EH	95	15	P	11	Alberta Indoor Games	Edmonton, AB	13-Feb-10
71	49.60	Lee Pong, Kayla	EH	94	16	F	10	Sled Dog	Saskatoon, SK	29-Jan-10
72	49.84	Wilson-Bodnar, Emily	CAL	96	14	F	8	Jack Simpson Open	Calgary, AB	23-Jan-10
73	50.02	Elder, Katie	LED	94	16	F	15	Jack Simpson Open	Calgary, AB	23-Jan-10
74	50.10	Jolicoeur, Jovette	CS	59	51	F	2	Jack Simpson Open	Calgary, AB	23-Jan-10
75	50.12	Dillon, Cayle	EOC	97	13	F	18	Golden Bear Open	Edmonton, AB	15-Jan-10
76	50.24	Andruko, Jocelyn	CS	93	17	F	21	Dino Classic	Calgary, AB	9-Jan-10
77	50.32	Simard, Christine	LED	96	14	F	9	Jack Simpson Open	Calgary, AB	23-Jan-10
78	50.67	Barlad-Ronald, Courtney	CS	95	15	P	12	Alberta Indoor Games	Edmonton, AB	13-Feb-10
79	51.23	Lauridsen, Susanne	CS	58	52	F	1	Alberta Indoor Games	Edmonton, AB	13-Feb-10
80	51.27	Brodrecht, Courtney	EH	96	14	F	18	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
81	51.62	Jacso, Maria	CAL	95	15	F	9	Dino Classic	Calgary, AB	9-Jan-10
82	51.80	Starosielski, Mienna	NEAT	98	12	F	3	Snow Fling	Edmonton, AB	10-Jan-10
83	52.02	St. Denis, Shyanne	CNCS	94	16	P	7	Alberta Indoor Games	Edmonton, AB	13-Feb-10
84	52.46	Ould-Hamouda, Zahra	CS	86	24	F	16	Jack Simpson Open	Calgary, AB	23-Jan-10
85	53.87	MacDonald, Madison	NEAT	97	13	F	6	Snow Fling	Edmonton, AB	10-Jan-10
86	54.00	Dubiel, Kerrie	MED	96	14	F	10	Jack Simpson Open	Calgary, AB	23-Jan-10
87	54.08	Hik, Freya	EH	95	15	F	7	Snow Fling	Edmonton, AB	10-Jan-10
88	56.63	Kaya, Deniz	CAL	92	18	F	17	Jack Simpson Open	Calgary, AB	23-Jan-10
89	56.65	Brodziak, Regan	NEAT	97	13	F	9	Snow Fling	Edmonton, AB	10-Jan-10
90	57.07	Choi, Jiwon	CAL	95	15	F	10	Dino Classic	Calgary, AB	9-Jan-10
92	59.97	Howlett, Rayna	EH	96	14	P	15	Alberta Indoor Games	Edmonton, AB	13-Feb-10
93	1:01.72	Roberts, Catherine	MAS	47	63	F	8	Snow Fling	Edmonton, AB	10-Jan-10

## 2010 Indoor Rankings

## Women 400m Sprint

1	53.51	Nadjina, Kaltouma	CITC	76	34	F	1	K of C Indoor Games	Saskatoon, SK	4-Feb-10
2	55.37	Sullivan, Deanna	STA	88	22	F	7	ISU Classic	Ames, IA	12-Feb-10
3	56.59	Watson, Sage	MED	94	16	F	4	Simplot Games	Pocatello, ID	18-Feb-10
4	58.28	Bauer, Nicole	COTC	93	17	F	2	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
5	58.51	Hrycun, Alexa	EH	94	16	F	3	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
6	58.69	Francois, Rachel	EH	92	18	F	1	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
7	59.12	Clonfero, Daniella	EOC	93	17	F	4	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
8	59.20	Beatch, Megan	CAL	86	24	F	1	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
9	59.83	Oudenaarden, Niki	EOC	94	16	F	2	Golden Bear Open	Edmonton, AB	15-Jan-10
10	59.85	Westaway, Jenna	CITC	94	16	F	3	Golden Bear Open	Edmonton, AB	15-Jan-10
11	1:00.60	Lemphers, Tayllor	ET	93	17	F	5	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
12	1:00.68	Mentanko, Jennifer	EOC	92	18	F	15	Simplot Games	Pocatello, ID	18-Feb-10
13	1:00.81	Simonson, Katherine	UN-AB	89	21	F	1	Lake State Classic	Sault Ste. Marie, MI	16-Jan-10
14 *	1:05.39	Walker, Karin	EH	93	17	F	6	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
14 *	1:05.39	Laforge, Riley	LED	94	16	F	7	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
16	1:06.43	Boyd, Stephanie	PCTF	92	18	F	2	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
17	1:06.75	Dixon, Donna	CRR	62	48	F	1	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
18	1:06.84	Humble, Shaina	CW	92	18	F	6	Golden Bear Open	Edmonton, AB	15-Jan-10
19	1:07.38	Taylor, Jordan	LED	95	15	P	59	Simplot Games	Pocatello, ID	18-Feb-10
20	1:08.71	Yee, Rachel	CAL	92	18	F	3	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
21	1:09.90	McMaster, Sarah	ET	90	20	F	3	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
22	1:10.16	Andruko, Jocelyn	CS	93	17	F	8	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
23	1:10.44	Vocke, Cassie	COTC	93	17	F	8	Golden Bear Open	Edmonton, AB	15-Jan-10
24	1:10.74	Lauridsen, Susanne	CS	58	52	F	5	World Masters Indoor Champ.	Kamloops, BC	1-Mar-10
25	1:12.07	Strother, Susan	CITC	59	51	F	1	Golden Bear Open	Edmonton, AB	15-Jan-10
26	1:17.58	St. Denis, Shyanne	CNCS	94	16	F	10	Golden Bear Open	Edmonton, AB	15-Jan-10
27	1:20.81	Kaya, Deniz	CAL	92	18	F	4	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
28	1:26.94	Roberts, Catherine	MAS	47	63	F	5	World Masters Indoor Champ.	Kamloops, BC	1-Mar-10

## 2010 Indoor Rankings

## Women 600m Run

1	1:33.17	Nadjina, Kaltouma	CITC	76	34	F	1	Golden Bear Open	Edmonton, AB	15-Jan-10
2	1:33.24	Ratzlaff, Holly	CAL	84	26	F	1	Bison Classic	Winnipeg, MB	6-Feb-10
3	1:35.41	Lotwin, Kelsey	UCAC	89	21	F	4	Canada West Championships	Edmonton, AB	26-Feb-10
4	1:36.92	Bauer, Nicole	COTC	93	17	F	2	Alberta Indoor Games	Edmonton, AB	13-Feb-10
5	1:37.04	Watson, Sage	MED	94	16	F	2	Kinsmen Indoor Games	Regina, SK	12-Feb-10
6	1:37.98	Kanuka, Gloria	CAL	91	19	F	4	Jack Simpson Open	Calgary, AB	23-Jan-10
7	1:38.10	Degaust, Hayley	ET	90	20	F	2	Snow Fling	Edmonton, AB	10-Jan-10
8	1:38.61	Seifert, Michelle	UCAC	88	22	F	7	Canada West Championships	Edmonton, AB	26-Feb-10
9	1:40.36	Smallwood, Natasha	LED	96	14	F	1	Alberta Indoor Games	Edmonton, AB	13-Feb-10
10	1:40.81	McQueen, Riley	UCAC	87	23	F	15	Canada West Championships	Edmonton, AB	26-Feb-10
11	1:43.56	Bernard, Maria	CW	93	17	F	6	Jack Simpson Open	Calgary, AB	23-Jan-10
12	1:44.58	Dixon, Emma	CS	97	13	F	2	Jack Simpson Open	Calgary, AB	23-Jan-10
13	1:46.57	Wigg, Jacqueline	UCAC	89	21	F	7	Jack Simpson Open	Calgary, AB	23-Jan-10
14	1:47.09	Leggatt, Hannah	EH	96	14	F	3	Alberta Indoor Games	Edmonton, AB	13-Feb-10
15	1:47.35	Campbell, Katelyn	CAL	95	15	F	4	Alberta Indoor Games	Edmonton, AB	13-Feb-10
16	1:47.66	O'Brien, Chase	CAL	96	14	F	3	Jack Simpson Open	Calgary, AB	23-Jan-10
17	1:48.54	Herrmann, Helena	ET	94	16	F	1	Alberta Indoor Games	Edmonton, AB	13-Feb-10
18	1:49.12	Humble, Shaina	CW	92	18	F	8	Jack Simpson Open	Calgary, AB	23-Jan-10
19	1:49.76	Giannelia, Alexis	UCAC	93	17	F	5	Sled Dog	Saskatoon, SK	29-Jan-10
20	1:49.96	Mercier, Hilary	STA	94	16	F	2	Alberta Indoor Games	Edmonton, AB	13-Feb-10
21	1:50.53	Chappell, Ellen	CAL	93	17	F	10	Jack Simpson Open	Calgary, AB	23-Jan-10
22	1:50.78	Bykowski, Elani	LTH	96	14	F	4	Jack Simpson Open	Calgary, AB	23-Jan-10
23	1:51.70	Walker, Mia	EH	95	15	F	5	Alberta Indoor Games	Edmonton, AB	13-Feb-10
24	1:52.20	Martin, Emma	CAL	97	13	F	2	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
25	1:52.25	Hirst, Ellie	CAL	95	15	F	2	Jack Simpson Open	Calgary, AB	23-Jan-10
26	1:53.01	Hall, Yasmine	UN-AB	98	12	F	3	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
27	1:53.28	Udholm, Ashlynn	LED	95	15	F	3	Jack Simpson Open	Calgary, AB	23-Jan-10
28	1:53.32	Curle, Emma	STA	97	13	F	2	Alberta Indoor Games	Edmonton, AB	13-Feb-10
29	1:53.42	Wallace, Erin	EH	96	14	F	6	Alberta Indoor Games	Edmonton, AB	13-Feb-10
30	1:54.06	Russell, Skye	ET	96	14	F	2	Snow Fling	Edmonton, AB	10-Jan-10
31	1:55.05	Walker, Karin	EH	93	17	F	3	Alberta Indoor Games	Edmonton, AB	13-Feb-10
32	1:55.10	Trocchi-Hughes, Bailey	EOC	97	13	F	4	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
33	1:56.28	Cakmak, Noelle	LED	98	12	F	5	Alberta Indoor Games	Edmonton, AB	13-Feb-10
34	1:56.30	Kuerschner, Melina	EH	98	12	F	5	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
35	1:57.67	Kalmakoff, Jessica	CAL	95	15	F	4	Jack Simpson Open	Calgary, AB	23-Jan-10
36	1:57.80	Parmar, Chava	LED	97	13	F	7	Alberta Indoor Games	Edmonton, AB	13-Feb-10
37	1:58.65	Gagne, Chanelle	NEAT	95	15	F	3	Snow Fling	Edmonton, AB	10-Jan-10
38	1:59.13	Mitchell, Brittany	PAS	97	13	F	8	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
39	1:59.80	Starosielski, Mienna	NEAT	98	12	F	9	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
40	2:00.19	Dillon, Cayle	EOC	97	13	F	8	Alberta Indoor Games	Edmonton, AB	13-Feb-10
41	2:01.65	Andruko, Jocelyn	CS	93	17	F	13	Jack Simpson Open	Calgary, AB	23-Jan-10
42	2:01.74	Oszust, Jessica	NEAT	88	22	F	6	Alberta Indoor Games	Edmonton, AB	13-Feb-10
43	2:01.96	Galey, Jasmine	CAL	95	15	F	5	Jack Simpson Open	Calgary, AB	23-Jan-10
44	2:02.00	Taylor, Jordan	LED	95	15	F	7	Alberta Indoor Games	Edmonton, AB	13-Feb-10
45	2:02.62	Antoniuk, Kiara	CAC	98	12	F	10	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
46 *	2:03.41	Hull, Mia	CAL	98	12	F	10	Alberta Indoor Games	Edmonton, AB	13-Feb-10
46 *	2:03.41	McKain, Cassidy	RED	98	12	F	11	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
48	2:03.45	Merth, Jenna	SCS	97	13	F	11	Alberta Indoor Games	Edmonton, AB	13-Feb-10
49	2:07.39	Morgan, Payton	STA	98	12	F	15	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
50	2:07.46	Laramee, Jocelyn	NEAT	97	13	F	16	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
51	2:08.11	Elder, Katie	LED	94	16	F	15	Jack Simpson Open	Calgary, AB	23-Jan-10
52	2:08.18	Oszust, Dharma	EH	98	12	F	17	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
53	2:08.53	Bolen, Georgia	COTC	97	13	F	14	Alberta Indoor Games	Edmonton, AB	13-Feb-10
54	2:08.95	Jeffery, Baylee	NEAT	97	13	F	19	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
55	2:09.04	Basher, Erin	EH	97	13	F	20	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
56	2:10.05	Hartling, Carsyn	EH	97	13	F	21	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
57	2:10.45	Conibear, Delainy	CAL	97	13	F	16	Alberta Indoor Games	Edmonton, AB	13-Feb-10
58	2:10.81	Greenaway, Kiera	EOC	98	12	F	22	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
59	2:11.34	Hammond, Hannah	EH	98	12	F	18	Alberta Indoor Games	Edmonton, AB	13-Feb-10
60	2:11.57	Hanlon, Cameo	PAS	98	12	F	23	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
61	2:12.00	Dubiel, Kerrie	MED	96	14	F	5	Jack Simpson Open	Calgary, AB	23-Jan-10
62	2:13.80	Sinnatamby, Tiana	EH	97	13	F	20	Alberta Indoor Games	Edmonton, AB	13-Feb-10
63	2:15.26	Young, Lelaina	STA	98	12	F	24	Alberta Indoor Games	Edmonton, AB	13-Feb-10
64	2:16.05	Gould, Alysia	STA	95	13	F	24	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
65	2:17.57	Kaya, Deniz	CAL	92	18	F	8	Alberta Indoor Games	Edmonton, AB	13-Feb-10
66	2:19.22	Wood, Heather	CAL	98	12	F	25	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
67	2:19.64	Williams, Cleo	COTC	98	12	F	4	Jack Simpson Open	Calgary, AB	23-Jan-10

## 2010 Indoor Rankings

68	2:23.41	Cook, Lucy	EH	97	13	F	26	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
69	2:26.40	Howlett, Rayna	EH	96	14	F	8	Alberta Indoor Games	Edmonton, AB	13-Feb-10
70	2:27.47	Yee, Madelaine	CAL	97	13	F	27	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
71	2:29.63	Teichreb, Kiana	SCS	98	12	F	28	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
72	2:30.26	Glover, Anna	CAL	97	13	F	29	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
73	2:30.65	James, Jaydin	EOC	97	13	F	30	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
74	2:36.39	Black, Michelle	EOC	98	12	F	31	Alberta Indoor Championships	Edmonton, AB	13-Mar-10

## 2010 Indoor Rankings

## Women 800m Run

1	2:10.53	O'Connell, Jessica	UCAC	89	21	F	2	Penn State National	University Park, PA	29-Jan-10
2	2:14.47	Bauer, Nicole	COTC	93	17	F	3	Simplot Games	Pocatello, ID	18-Feb-10
3	2:14.97	Westaway, Jenna	CITC	94	16	F	4	Simplot Games	Pocatello, ID	18-Feb-10
4	2:16.09	Francois, Rachel	EH	92	18	F	1	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
5	2:21.54	Bernard, Maria	CW	93	17	F	4	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
6	2:22.44	Van Vliet, Jenna	UCAC	92	18	F	2	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
7	2:23.28	O'Connell, Elizabeth	UCAC	92	18	F	3	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
8	2:23.59	Smallwood, Natasha	LED	96	14	F	1	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
9	2:25.67	Boland, Lindsay	ET	80	30	F	3	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
10	2:26.78	Simonson, Katherine	UN-AB	89	21	F	2	Findlay Open	Findlay, OH	5-Feb-10
11	2:27.76	Laforge, Riley	LED	94	16	F	6	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
12	2:28.00	Watson, Sage	MED	94	16	F	2	Golden Bear Open	Edmonton, AB	15-Jan-10
13	2:29.15	Dixon, Emma	CS	97	12	F	5	World Masters Indoor Champ.	Kamloops, BC	1-Mar-10
14	2:29.75	MacKay, Serena	MAC	92	18	F	5	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
15	2:29.88	Dixon, Donna	CRR	62	48	F	1	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
16	2:30.79	Leggatt, Hannah	EH	96	14	F	3	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
17	2:31.39	Udholm, Ashlynn	LED	95	15	P	21	Simplot Games	Pocatello, ID	18-Feb-10
18	2:32.58	Herrmann, Helena	ET	94	16	F	7	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
19	2:33.37	Walker, Mia	EH	95	15	F	4	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
20	2:33.47	Campbell, Katelyn	CAL	95	15	F	5	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
21	2:34.09	Flint, Devin	LED	96	14	F	2	Golden Bear Open	Edmonton, AB	15-Jan-10
22	2:34.48	Venner, Georgia	ET	91	19	F	6	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
23	2:35.24	Chappell, Ellen	CAL	93	17	F	8	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
24	2:35.53	Trofimenkoff, Vanessa	MAC	94	16	F	9	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
25	2:35.59	McGowan, Kendra	COTC	95	15	F	3	Golden Bear Open	Edmonton, AB	15-Jan-10
26	2:36.34	Huang, Katie	CAL	92	18	F	7	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
27	2:36.61	O'Brien, Chase	CAL	96	14	F	5	Golden Bear Open	Edmonton, AB	15-Jan-10
28	2:36.63	Wilson, Carolyn	UCAC	94	16	F	10	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
29	2:36.88	Mercier, Hilary	STA	94	16	F	11	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
30	2:37.04	Duke, Katie	UCAC	95	15	F	12	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
31	2:37.19	Wasylcia, Dana	UCAC	94	16	F	13	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
32	2:37.37	Trocchi-Hughes, Bailey	EOC	97	13	F	1	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
33	2:38.26	Russell, Skye	ET	96	14	F	7	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
34	2:38.59	Martin, Emma	CAL	97	13	F	2	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
35	2:39.26	Matis, Melissa	LTH	93	17	F	5	Golden Bear Open	Edmonton, AB	15-Jan-10
36	2:39.27	Humble, Shaina	CW	92	18	P	54	Simplot Games	Pocatello, ID	18-Feb-10
37	2:39.92	Newton, Kennedy	STA	97	13	F	3	Golden Bear Open	Edmonton, AB	15-Jan-10
38	2:39.95	Curle, Emma	STA	97	13	F	3	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
39	2:40.32	McLean, Amy	MAC	92	18	F	8	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
40	2:43.40	Clarke, Alexis	MAC	93	17	F	14	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
41	2:43.43	Wallace, Erin	EH	96	14	F	8	Golden Bear Open	Edmonton, AB	15-Jan-10
42	2:43.91	Mitchell, Brittany	PAS	97	13	F	4	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
43	2:44.56	Trofimenkoff, Juanita	MAC	93	17	F	15	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
44	2:45.22	Cakmak, Noelle	LED	98	12	F	6	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
45	2:45.58	Tiberio, Janessa	CAL	96	14	F	8	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
46	2:46.29	MacEachern, Analiese	LED	96	14	F	9	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
47	2:47.83	Furrer, Rachel	MAC	93	17	F	16	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
48	2:48.22	Andruko, Jocelyn	CS	93	17	F	8	Golden Bear Open	Edmonton, AB	15-Jan-10
49	2:49.30	Yee, Rachel	CAL	92	18	F	10	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
50	2:49.53	Kuerschner, Melina	EH	98	12	F	8	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
51	2:52.03	Parmar, Chava	LED	97	13	F	9	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
52	2:54.60	Dillon, Cayle	EOC	97	13	F	10	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
53	2:55.28	Jolicoeur, Jovette	CS	59	50	M		World Masters Indoor Champ.	Kamloops, BC	1-Mar-10
54	2:55.82	Basher, Erin	EH	97	13	F	11	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
55	2:55.94	Wickware, Jessica	EH	96	14	F	13	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
56	2:56.13	Strother, Susan	CITC	59	50	F	3	World Masters Indoor Champ.	Kamloops, BC	1-Mar-10
57	2:56.26	Merth, Jenna	SCS	97	13	F	7	Golden Bear Open	Edmonton, AB	15-Jan-10
58	2:56.84	Starosielski, Mienna	NEAT	98	12	F	9	Golden Bear Open	Edmonton, AB	15-Jan-10
59	2:57.40	Felix, Darlene	MAS	65	45	M		World Masters Indoor Champ.	Kamloops, BC	1-Mar-10
60	2:58.76	McKain, Cassidy	RED	98	12	F	13	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
61	2:59.51	St. Amant, Desiree	LYJ	96	14	F	12	Golden Bear Open	Edmonton, AB	15-Jan-10
62	2:59.54	Bolen, Georgia	COTC	97	13	F	10	Golden Bear Open	Edmonton, AB	15-Jan-10
63	3:00.07	Oszust, Dharma	EH	98	12	F	14	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
64	3:01.23	MacKinnon, Jordan	LTH	94	16	P	87	Simplot Games	Pocatello, ID	18-Feb-10
65	3:01.86	Laramie, Jocelyn	NEAT	97	13	F	11	Golden Bear Open	Edmonton, AB	15-Jan-10
66	3:02.85	Greenaway, Kiera	EOC	98	12	F	16	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
67	3:05.44	Morgan, Payton	STA	98	12	F	17	Alberta Indoor Championships	Edmonton, AB	13-Mar-10

## 2010 Indoor Rankings

68	3:05.74	Oszust, Jessica	NEAT	88	22	F	8	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
69	3:07.68	Boon, Yvonne	MAC	92	18	F	12	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
70	3:10.55	Hull, Mia	CAL	98	12	F	13	Golden Bear Open	Edmonton, AB	15-Jan-10
71	3:11.26	Sinnatamby, Tiana	EH	97	13	F	14	Golden Bear Open	Edmonton, AB	15-Jan-10
72	3:11.65	Jeffery, Baylee	NEAT	97	13	F	18	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
73	3:12.90	Glover, Anna	CAL	97	13	F	15	Golden Bear Open	Edmonton, AB	15-Jan-10
74	3:14.52	Hartling, Carsyn	EH	97	13	F	20	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
75	3:19.09	Hanlon, Cameo	PAS	98	12	F	21	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
76	3:21.94	Wood, Heather	CAL	98	12	F	22	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
77	3:24.11	Schuh, Moriah	PAS	98	12	F	16	Golden Bear Open	Edmonton, AB	15-Jan-10
78	3:28.58	Teichreb, Kiana	SCS	98	12	F	25	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
79	3:30.92	Roberts, Catherine	MAS	47	63	F	1	Golden Bear Open	Edmonton, AB	15-Jan-10
80	3:35.97	Black, Michelle	EOC	98	12	F	27	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
81	3:44.49	James, Jaydin	EOC	97	13	F	28	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
82	3:54.76	Visser, Helly	CRR	34	76	F	1	World Masters Indoor Champ.	Kamloops, BC	1-Mar-10

## 2010 Indoor Rankings

## Women 1000m Run

1	2:47.59	O'Connell, Jessica	UCAC	89	21	F	2	PSU NorthEast Challenge	University Park, PA	16-Jan-10
2	2:56.84	Sim, Heather	CAL	85	25	F	2	Bison Classic	Winnipeg, MB	6-Feb-10
3	2:59.57	Graham, Chelsea	ET	92	18	F	1	Alberta Indoor Games	Edmonton, AB	13-Feb-10
4	3:02.30	McQueen, Riley	UCAC	87	23	F	7	Bison Classic	Winnipeg, MB	6-Feb-10
5	3:02.55	MacDonald, Madeline	UCAC	90	20	F	8	Bison Classic	Winnipeg, MB	6-Feb-10
6	3:03.83	Westaway, Jenna	CITC	94	16	F	2	Dino Classic	Calgary, AB	9-Jan-10
7	3:04.30	Kanuka, Gloria	CAL	91	19	F	3	Dino Classic	Calgary, AB	9-Jan-10
8	3:04.31	Anderson, Evelyn	CS	93	17	F	4	Dino Classic	Calgary, AB	9-Jan-10
9	3:06.86	Kary, Grace	UCAC	91	19	F	6	Dino Classic	Calgary, AB	9-Jan-10
10	3:09.64	O'Connell, Elizabeth	UCAC	92	18	F	8	Dino Classic	Calgary, AB	9-Jan-10
11	3:10.67	Boland, Lindsay	ET	80	30	F	6	Alberta Indoor Games	Edmonton, AB	13-Feb-10
12	3:11.61	Chappell, Ellen	CAL	93	17	F	9	Dino Classic	Calgary, AB	9-Jan-10
13	3:13.90	Fox, Maria	UCAC	93	17	F	11	Dino Classic	Calgary, AB	9-Jan-10
14	3:14.91	McAvoy, Shannon	UCAC	93	17	F	12	Dino Classic	Calgary, AB	9-Jan-10
15	3:16.61	Smallwood, Natasha	LED	96	14	F	1	Dino Classic	Calgary, AB	9-Jan-10
16	3:17.90	Sumner, Claire	UCAC	95	15	F	1	Dino Classic	Calgary, AB	9-Jan-10
17	3:18.07	Dixon, Donna	CRR	62	48	F	2	Dino Classic	Calgary, AB	9-Jan-10
18	3:21.47	Flint, Devin	LED	96	14	F	1	Alberta Indoor Games	Edmonton, AB	13-Feb-10
19	3:22.44	Russell, Skye	ET	96	14	F	2	Alberta Indoor Games	Edmonton, AB	13-Feb-10
20	3:23.39	O'Brien, Chase	CAL	96	14	F	2	Dino Classic	Calgary, AB	9-Jan-10
21	3:23.65	Laforge, Riley	LED	94	16	F	15	Dino Classic	Calgary, AB	9-Jan-10
22	3:24.27	Duke, Katie	UCAC	95	15	F	16	Dino Classic	Calgary, AB	9-Jan-10
23	3:24.31	Wasylycia, Dana	UCAC	94	16	F	17	Dino Classic	Calgary, AB	9-Jan-10
24	3:25.08	Huang, Katie	CAL	92	18	F	19	Dino Classic	Calgary, AB	9-Jan-10
25	3:25.10	Walker, Mia	EH	95	15	F	3	Alberta Indoor Games	Edmonton, AB	13-Feb-10
26	3:26.58	Leggatt, Hannah	EH	96	14	F	4	Alberta Indoor Games	Edmonton, AB	13-Feb-10
27	3:27.38	Campbell, Katelyn	CAL	95	15	F	5	Alberta Indoor Games	Edmonton, AB	13-Feb-10
28	3:31.76	Graham, Stephanie	CW	92	18	F	20	Dino Classic	Calgary, AB	9-Jan-10
29	3:33.50	Bykowski, Elani	LTH	96	14	F	4	Dino Classic	Calgary, AB	9-Jan-10
30	3:33.87	Simard, Christine	LED	96	14	F	5	Dino Classic	Calgary, AB	9-Jan-10
31	3:34.19	Fridman, Lauren	CAL	96	14	F	6	Dino Classic	Calgary, AB	9-Jan-10
32	3:34.58	Udholm, Ashlynn	LED	95	15	F	2	Dino Classic	Calgary, AB	9-Jan-10
33	3:41.26	Antoniuk, Kiara	CAC	98	12	F	6	Alberta Indoor Games	Edmonton, AB	13-Feb-10
34	3:41.77	Walker, Karin	EH	93	17	F	1	Alberta Indoor Games	Edmonton, AB	13-Feb-10
35	3:42.88	St. Amant, Desiree	LYJ	96	14	F	7	Alberta Indoor Games	Edmonton, AB	13-Feb-10
36	3:47.37	Cakmak, Noelle	LED	98	12	F	1	Dino Classic	Calgary, AB	9-Jan-10
37	3:50.25	Martin, Emma	CAL	97	13	F	2	Dino Classic	Calgary, AB	9-Jan-10
38	4:09.28	Parmar, Chava	LED	97	13	F	3	Dino Classic	Calgary, AB	9-Jan-10
39	4:13.35	McKain, Cassidy	RED	98	12	F	2	Dino Classic	Calgary, AB	9-Jan-10
40	4:39.01	Conibear, Delainy	CAL	97	13	F	5	Dino Classic	Calgary, AB	9-Jan-10
41	5:04.96	Visser, Helly	CRR	34	76	F	1	Alberta Indoor Games	Edmonton, AB	13-Feb-10

## 2010 Indoor Rankings

## Women 1200m Run

1	3:52.21	Smallwood, Natasha	LED	96	14	F	1	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
2	4:03.72	Udholm, Ashlynn	LED	95	15	F	1	Alberta Indoor Games	Edmonton, AB	13-Feb-10
3	4:03.81	Flint, Devin	LED	96	14	F	2	Alberta Indoor Games	Edmonton, AB	13-Feb-10
4	4:05.01	Sumner, Claire	UCAC	95	15	F	1	Jack Simpson Open	Calgary, AB	23-Jan-10
5	4:05.71	O'Brien, Chase	CAL	96	14	F	2	Golden Bear Open	Edmonton, AB	15-Jan-10
6	4:06.06	Russell, Skye	ET	96	14	F	3	Alberta Indoor Games	Edmonton, AB	13-Feb-10
7	4:11.41	Troccoli-Hughes, Bailey	EOC	97	13	F	4	Golden Bear Open	Edmonton, AB	15-Jan-10
8	4:12.57	Walker, Mia	EH	95	15	F	6	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
9	4:18.57	Campbell, Katelyn	CAL	95	15	F	7	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
10	4:22.32	Bykowski, Elani	LTH	96	14	F	3	Jack Simpson Open	Calgary, AB	23-Jan-10
11	4:31.00	Simard, Christine	LED	96	14	F	8	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
12	4:32.68	Martin, Emma	CAL	97	13	F	1	Jack Simpson Open	Calgary, AB	23-Jan-10
13	4:35.58	Cakmak, Noelle	LED	98	12	F	2	Jack Simpson Open	Calgary, AB	23-Jan-10
14	4:36.38	Antoniuk, Kiara	CAC	98	12	F	8	Golden Bear Open	Edmonton, AB	15-Jan-10
15	4:38.03	St. Amant, Desiree	LYJ	96	14	F	9	Golden Bear Open	Edmonton, AB	15-Jan-10
16	5:07.97	Howlett, Rayna	EH	96	14	F	9	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
17	5:24.18	Conibear, Delainy	CAL	97	13	F	3	Jack Simpson Open	Calgary, AB	23-Jan-10
18	5:29.72	McKain, Cassidy	RED	98	12	F	4	Jack Simpson Open	Calgary, AB	23-Jan-10

## 2010 Indoor Rankings

## Women 1500m Run

1	4:36.41	Widney, Chantell	ET	79	31	F	1	Snow Fling	Edmonton, AB	10-Jan-10
2	4:42.90	Graham, Chelsea	ET	92	18	F	1	Alberta Indoor Games	Edmonton, AB	13-Feb-10
3	4:44.04	Dressler, Tara	CAL	84	26	F	2	Alberta Indoor Games	Edmonton, AB	13-Feb-10
4	4:49.75	Westaway, Jenna	CITC	94	16	F	1	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
5	4:50.23	Bernard, Maria	CW	93	17	F	2	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
6	4:51.07	Anderson, Evelyn	CS	93	17	F	3	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
7	4:52.29	Stenning, Faye	UCAC	89	21	F	1	Jack Simpson Open	Calgary, AB	23-Jan-10
8	4:54.03	MacDonald, Madeline	UCAC	90	20	F	13	Bison Classic	Winnipeg, MB	6-Feb-10
9	4:55.81	Kary, Grace	UCAC	91	19	F	3	Jack Simpson Open	Calgary, AB	23-Jan-10
10	4:58.90	Gould, Rebecca	UCAC	93	17	F	5	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
11	5:00.56	Degaust, Hayley	ET	90	20	F	6	Alberta Indoor Games	Edmonton, AB	13-Feb-10
12	5:04.39	Van Vliet, Jenna	UCAC	92	18	F	2	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
13	5:05.46	O'Connell, Elizabeth	UCAC	92	18	F	3	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
14	5:08.78	Kanuka, Gloria	CAL	91	19	F	14	Golden Bear Open	Edmonton, AB	15-Jan-10
15	5:08.88	MacKay, Serena	MAC	92	18	F	4	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
16	5:11.74	McAvoy, Shannon	UCAC	93	17	F	8	Jack Simpson Open	Calgary, AB	23-Jan-10
17	5:14.11	Dixon, Donna	CRR	62	48	F	9	Jack Simpson Open	Calgary, AB	23-Jan-10
18	5:17.14	Boland, Lindsay	ET	80	30	F	19	Golden Bear Open	Edmonton, AB	15-Jan-10
19	5:18.06	Venner, Georgia	ET	91	19	F	6	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
20	5:19.43	Chappell, Ellen	CAL	93	17	F	6	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
21	5:22.70	Laforge, Riley	LED	94	16	F	2	Golden Bear Open	Edmonton, AB	15-Jan-10
22	5:26.16	Matis, Melissa	LTH	93	17	F	4	Golden Bear Open	Edmonton, AB	15-Jan-10
23	5:27.27	Trofimenkoff, Vanessa	MAC	94	16	F	7	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
24	5:28.46	Lilly, Jessie	MAC	93	17	F	5	Golden Bear Open	Edmonton, AB	15-Jan-10
25	5:29.17	Herrmann, Helena	ET	94	16	F	8	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
26	5:30.49	Wilson, Carolyn	UCAC	94	16	F	9	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
27	5:30.91	Clarke, Alexis	MAC	93	17	F	10	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
28	5:31.19	Wasylycia, Dana	UCAC	94	16	F	11	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
29	5:31.27	Duke, Katie	UCAC	95	15	F	12	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
30	5:32.61	Huang, Katie	CAL	92	18	F	7	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
31	5:33.46	Dirk, Ariana	MED	94	16	F	5	Kinsmen Indoor Games	Regina, SK	12-Feb-10
32	5:51.34	Trofimenkoff, Juanita	MAC	93	17	F	14	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
33	5:52.36	Samoil, Katie	CAL	86	24	F	25	Golden Bear Open	Edmonton, AB	15-Jan-10
34	5:55.21	Furrer, Rachel	MAC	93	17	F	16	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
35	6:25.75	MacKinnon, Jordan	LTH	94	16	F	8	Golden Bear Open	Edmonton, AB	15-Jan-10
36	6:43.52	Howlett, Rayna	EH	96	14	F	1	Snow Fling	Edmonton, AB	10-Jan-10
37	6:46.41	Elder, Katie	LED	94	16	F	9	Golden Bear Open	Edmonton, AB	15-Jan-10
38	7:48.18	Visser, Helly	CRR	34	76	F	1	World Masters Indoor Champ.	Kamloops, BC	1-Mar-10

## 2010 Indoor Rankings

**Women 2000m Run**

1	7:16.61	O'Brien, Chase	CAL	96	14	F	1	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
2	7:21.04	Flint, Devin	LED	96	14	F	2	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
3	7:59.41	Simard, Christine	LED	96	14	F	3	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
4	8:04.78	Udholm, Ashlynn	LED	95	15	F	4	Golden Bear Open	Edmonton, AB	15-Jan-10
5	9:17.25	Howlett, Rayna	EH	96	14	F	6	Golden Bear Open	Edmonton, AB	15-Jan-10

## 2010 Indoor Rankings

## Women 3000m Run

1	9:16.22	O'Connell, Jessica	UCAC	89	21	F	1	Columbia Last Chance	New York, NY	5-Mar-10
2	10:11.20	Dressler, Tara	CAL	84	26	F	3	Bison Classic	Winnipeg, MB	6-Feb-10
3	10:12.16	Stenning, Faye	UCAC	89	21	F	4	Bison Classic	Winnipeg, MB	6-Feb-10
4	10:14.93	Kemp, Jennifer	RRAC	83	27	F	1	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
5	10:23.95	Dooling, Krissy	ET	80	30	F	2	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
6	10:24.77	Kary, Grace	UCAC	91	19	F	7	Bison Classic	Winnipeg, MB	6-Feb-10
7	10:49.28	Anderson, Evelyn	CS	93	17	F	1	Kinsmen Indoor Games	Regina, SK	12-Feb-10
8	10:50.97	Gould, Rebecca	UCAC	93	17	F	2	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
9	11:06.62	Clark, Rhonda	CRR	66	43	F	4	World Masters Indoor Champ.	Kamloops, BC	1-Mar-10
10	11:16.45	MacDonald, Madeline	UCAC	90	20	F	11	Golden Bear Open	Edmonton, AB	15-Jan-10
11	12:03.52	Laforge, Riley	LED	94	16	F	1	Golden Bear Open	Edmonton, AB	15-Jan-10
12	12:08.81	Clarke, Alexis	MAC	93	17	F	2	Golden Bear Open	Edmonton, AB	15-Jan-10
13	12:30.67	Dirk, Ariana	MED	94	16	F	3	Kinsmen Indoor Games	Regina, SK	12-Feb-10
14	12:33.42	Lilly, Jessie	MAC	93	17	F	3	Alberta Indoor Championships	Edmonton, AB	13-Mar-10

2010 Indoor Rankings

**Women 1 Mile Run**

1	4:43.73	O'Connell, Jessica	UCAC	89	21	F	3	NB Collegiate Invitational	New York, NY	5-Feb-10
2	4:50.71	Nagazina, Dawn	STA	87	23	F		UW Invitational	Seattle, WA	29-Jan-10

## 2010 Indoor Rankings

**Women 1500m Walk**

1	8:06.85	Flipsen, Johanna	HRC	55	55	F	1	Golden Bear Open	Edmonton, AB	15-Jan-10
2	8:16.72	Clark, Lynne	HRC	85	25	F	1	Golden Bear Open	Edmonton, AB	15-Jan-10
3	8:29.44	Farnesi, Carla	ERC	86	24	F	2	Golden Bear Open	Edmonton, AB	15-Jan-10
4	8:58.76	Rodrigue-Poscente, Michell	HRC	59	51	F	3	Golden Bear Open	Edmonton, AB	15-Jan-10
5	9:04.70	Christal, Betty	ERC	53	57	F	4	Golden Bear Open	Edmonton, AB	15-Jan-10
6	10:11.88	Chichak, Marianne	ERC	48	62	F	5	Golden Bear Open	Edmonton, AB	15-Jan-10
7	10:51.83	Oevering, Marg	ERC	59	51	F	6	Golden Bear Open	Edmonton, AB	15-Jan-10

**Women 3000m Walk**

1	16:11.66	Flipsen, Johanna	HRC	55	55	F	1	Alberta Indoor Games	Edmonton, AB	13-Feb-10
2	17:08.92	Farnesi, Biagina-Carla	ERC	86	24	F	1	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
3	17:09.01	Hulley, Elizabeth	ERC	63	47	F	1	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
4	17:28.38	Farnesi, Carla	ERC	86	24	F	1	Alberta Indoor Games	Edmonton, AB	13-Feb-10
5	17:34.36	Rodrigue-Poscente, Michell	HRC	59	50	F	5	World Masters Indoor Champ.	Kamloops, BC	1-Mar-10
6	18:22.38	Donkers, Tina	ARA	56	54	F	7	World Masters Indoor Champ.	Kamloops, BC	1-Mar-10
7	18:30.54	Clark, Lynne	HRC	85	25	F	2	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
8	18:31.97	Unruh, Victoria	HRC	92	18	F	1	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
9	18:40.41	Crerar, Joanne	ARA	53	56	F	7	World Masters Indoor Champ.	Kamloops, BC	1-Mar-10
10	19:11.44	Bergeson, Jolene	ARA	71	39	F	2	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
11	21:01.68	Chichak, Marianne	ERC	48	62	F	3	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
12	21:15.63	Unruh, Vicky	HRC	92	18	F	2	Alberta Indoor Games	Edmonton, AB	13-Feb-10
13	22:13.00	Oevering, Marg	ERC	59	51	F	4	Alberta Indoor Championships	Edmonton, AB	13-Mar-10

**Women 10000m Walk**

1	55:24.20	McCaffrey, Janice	UN-AB	59	50	F	1	World Masters Indoor Champ.	Kamloops, BC	1-Mar-10
2	57:14.80	Flipsen, Johanna	HRC	55	55	F	1	World Masters Indoor Champ.	Kamloops, BC	1-Mar-10
3	1:03:21.90	Rodrigue-Poscente, Michell	HRC	59	50	F	4	World Masters Indoor Champ.	Kamloops, BC	1-Mar-10
4	1:05:14.70	Donkers, Tina	ARA	56	54	F	7	World Masters Indoor Champ.	Kamloops, BC	1-Mar-10
5	1:05:45.00	Crerar, Joanne	ARA	53	56	F	5	World Masters Indoor Champ.	Kamloops, BC	1-Mar-10

## 2010 Indoor Rankings

## Women 60m Hurdles

1	8.44	Gordon, Christie	UN-AB	86	24	P	1	Idaho Vandal Indoor	Moscow, ID	5-Feb-10	.84m
2	8.85	Wilkes, Courtney	VOL	89	21	P	3	Canada West Championships	Edmonton, AB	26-Feb-10	.84m
3	8.95	Machin, Rachel	UCAC	92	18	F	1	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	.84m
4	9.01	Charlesworth, Nicky	CAL	94	16	F	1	Dino Classic	Calgary, AB	9-Jan-10	.76m
5 *	9.07	Charlesworth, Nicky	CAL	94	16	F	3	Golden Bear Open	Edmonton, AB	15-Jan-10	.84m
5 *	9.07	MacEachen, Jill	CW	91	19	P	8	EIU Friday Night Special	Charleston, IL	19-Feb-10	.84m
7 *	9.15	Anderson, Samantha	CS	82	28	F	1	Alberta Indoor Games	Edmonton, AB	13-Feb-10	.84m
7 *	9.15	Hrycun, Alexa	EH	94	16	F	2	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	.76m
9	9.46	Oudenaarden, Niki	EOC	94	16	F	3	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	.76m
10	9.54	Morrison, Deshaunda	CW	95	15	P	1	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	.76m
11	9.56	Roberts, Marissa	UCAC	90	20	P	6	Golden Bear Open	Edmonton, AB	15-Jan-10	.84m
12	9.59	Meeuwisse, Kelly Ann	UCAC	94	16	F	2	Golden Bear Open	Edmonton, AB	15-Jan-10	.76m
13	9.61	MacKay, Megan	CW	94	16	F	2	Sled Dog	Saskatoon, SK	29-Jan-10	.76m
14	9.62	Morris, Tomi	UCAC	91	19	P	8	Golden Bear Open	Edmonton, AB	15-Jan-10	.84m
15	9.70	Ridout, Paige	UCAC	92	18	F	2	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	.84m
16	9.72	Bawden, Sarah	EH	93	17	F	4	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	.76m
17	9.94	Van Vliet, Devan	UCAC	94	16	F	2	Kinsmen Indoor Games	Regina, SK	12-Feb-10	.76m
18	9.96	Squires, Nicole	CAL	95	15	F	3	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	.76m
19	10.04	Maylan, Ashley	CW	95	15	F	4	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	.76m
20	10.23	Bymoan, Katelyn	CAL	92	18	F	3	Alberta Indoor Games	Edmonton, AB	13-Feb-10	.84m
21	10.38	Bertram, Karri	UCAC	92	18	F	4	Sled Dog	Saskatoon, SK	29-Jan-10	.84m
22	10.40	Mayfield, Isabel	EH	95	15	F	2	Alberta Indoor Games	Edmonton, AB	13-Feb-10	.76m
23	10.42	Bauer, Nicole	COTC	93	17	F	3	Alberta Indoor Games	Edmonton, AB	13-Feb-10	.76m
24	10.60	Dixon, Emma	CS	97	13	F	1	Golden Bear Open	Edmonton, AB	15-Jan-10	.76m
25	10.64	England, Jasmine	STA	93	17	F	7	Golden Bear Open	Edmonton, AB	15-Jan-10	.76m
26	10.72	MacDonald, Lindsey	NEAT	95	15	F	2	Snow Fling	Edmonton, AB	10-Jan-10	.76m
27	10.93	Wilson-Bodnar, Emily	CAL	96	14	F	6	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	.76m
28	11.08	Lauridsen, Susanne	CS	58	52	F	4	World Masters Indoor Champ.	Kamloops, BC	1-Mar-10	.76m
29	11.13	Mitchell, Brittany	PAS	97	13	F	2	Golden Bear Open	Edmonton, AB	15-Jan-10	.76m
30	11.27	Hendricks, Mason	PAS	96	14	F	8	Golden Bear Open	Edmonton, AB	15-Jan-10	.76m
31	11.48	Rankin, Sian	EH	96	14	P	9	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	.76m
32	11.49	Jolicoeur, Jovette	CS	59	51	F	2	Alberta Indoor Games	Edmonton, AB	13-Feb-10	.76m
33	11.59	Dunlop, Elizabeth	COTC	96	14	F	9	Golden Bear Open	Edmonton, AB	15-Jan-10	.76m
34	11.61	Garnett, Lauren	CAL	95	15	F	5	Alberta Indoor Games	Edmonton, AB	13-Feb-10	.76m
35	11.62	Galey, Jasmine	CAL	95	15	P	10	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	.76m
36	11.69	Dargie, Betty	UCAC	42	67	F	2	World Masters Indoor Champ.	Kamloops, BC	1-Mar-10	.76m
37	11.73	Felix, Darlene	MAS	65	45	M		World Masters Indoor Champ.	Kamloops, BC	1-Mar-10	.76m
38	11.76	Morgan, Emma	CW	94	16	F	4	Dino Classic	Calgary, AB	9-Jan-10	.76m
39	11.86	Barlad-Ronald, Courtney	CS	95	15	F	6	Alberta Indoor Games	Edmonton, AB	13-Feb-10	.76m
40 *	11.88	Jaco, Maria	CAL	95	15	F	13	Golden Bear Open	Edmonton, AB	15-Jan-10	.76m
40 *	11.88	Pommen, Courtney	LTH	92	18	P	66	Simplot Games	Pocatello, ID	18-Feb-10	.84m
42	11.96	O'Brien, Chase	CAL	96	14	F	14	Golden Bear Open	Edmonton, AB	15-Jan-10	.76m
43	11.98	Kalmakoff, Jessica	CAL	95	15	P	13	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	.76m
44	12.24	Kuerschner, Melina	EH	98	12	P	14	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	.76m
45	12.51	Hammond, Hannah	EH	98	12	F	6	Sled Dog	Saskatoon, SK	29-Jan-10	.76m
46	12.53	Choi, Jiwon	CAL	95	15	F	8	Alberta Indoor Games	Edmonton, AB	13-Feb-10	.76m
47	12.56	Curle, Emma	STA	97	13	F	4	Golden Bear Open	Edmonton, AB	15-Jan-10	.76m
48	12.70	Oszust, Dharma	EH	98	12	F	7	Sled Dog	Saskatoon, SK	29-Jan-10	.76m
49	12.80	Bolen, Georgia	COTC	97	13	F	5	Golden Bear Open	Edmonton, AB	15-Jan-10	.76m
50	12.81	Dietrich-Henderson, Antha	CAL	96	14	P	19	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	.76m
51	12.87	Newton, Kennedy	STA	97	13	F	7	Golden Bear Open	Edmonton, AB	15-Jan-10	.76m
52	12.88	Hull, Mia	CAL	98	12	F	8	Golden Bear Open	Edmonton, AB	15-Jan-10	.76m
53	12.91	Laramee, Jocelyn	NEAT	97	13	F	9	Golden Bear Open	Edmonton, AB	15-Jan-10	.76m
54	13.07	Starosielski, Mienna	NEAT	98	12	F	12	Golden Bear Open	Edmonton, AB	15-Jan-10	.76m
55	13.59	Sinnatamby, Tiana	EH	97	13	F	13	Golden Bear Open	Edmonton, AB	15-Jan-10	.76m
56	13.79	Trocchi-Hughes, Bailey	EOC	97	13	F	14	Golden Bear Open	Edmonton, AB	15-Jan-10	.76m
57	14.40	Schuh, Moriah	PAS	98	12	F	15	Golden Bear Open	Edmonton, AB	15-Jan-10	.76m
58	14.49	Black, Michelle	EOC	98	12	F	16	Golden Bear Open	Edmonton, AB	15-Jan-10	.76m
59	14.82	James, Jaydin	EOC	97	13	F	17	Golden Bear Open	Edmonton, AB	15-Jan-10	.76m

## 2010 Indoor Rankings

## Women High Jump

1	1.75m	Bergevin, Lindsey	LED	89	21	F	1	Canada West Championships	Edmonton, AB	26-Feb-10
2	1.72m	Charlesworth, Nicky	CAL	94	16	F	1	Olympic Oval Field Meet	Calgary, AB	7-Feb-10
3	* 1.70m	Oudenaarden, Niki	EOC	94	16	F	1	Alberta Indoor Games	Edmonton, AB	13-Feb-10
3	* 1.70m	Machin, Rachel	UCAC	92	18	F	1	Sled Dog	Saskatoon, SK	29-Jan-10
5	1.63m	Kabatoff, Danielle	UCAC	93	17	F	2	Olympic Oval Field Meet	Calgary, AB	7-Feb-10
6	1.60m	Anderson, Samantha	CS	82	28	F	1	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
7	* 1.55m	Hazen, Melissa	CAL	94	16	F	2	Golden Bear Open	Edmonton, AB	15-Jan-10
7	* 1.55m	Baerg, Karen	CS	83	27	F	3	Olympic Oval Field Meet	Calgary, AB	7-Feb-10
9	1.53m	Kereliuk, Maya	VOL	96	14	F	1	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
10	1.50m	Lucas, Hayley	NEAT	95	15	F	2	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
11	* 1.45m	Simpson, Lauren	LA	91	19	F	9	Golden Bear Open	Edmonton, AB	15-Jan-10
11	* 1.45m	Cakmak, Noelle	LED	98	12	F	1	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
13	1.44m	MacDonald, Lindsey	NEAT	95	15	F	1	Snow Fling	Edmonton, AB	10-Jan-10
14	1.43m	Wilson-Bodnar, Emily	CAL	96	14	F	2	Alberta Indoor Games	Edmonton, AB	13-Feb-10
15	1.40m	Mitchell, Brittany	PAS	97	13	F	2	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
16	* 1.35m	Francis, Mattea	EOC	96	14	F	5	Golden Bear Open	Edmonton, AB	15-Jan-10
16	* 1.35m	McGowan, Kendra	COTC	95	15	F	7	Golden Bear Open	Edmonton, AB	15-Jan-10
16	* 1.35m	Brodrecht, Courtney	EH	96	14	F	7	Golden Bear Open	Edmonton, AB	15-Jan-10
16	* 1.35m	McKain, Kassidy	RED	98	12	F	1	Alberta Indoor Games	Edmonton, AB	13-Feb-10
16	* 1.35m	Smallwood, Natasha	LED	96	14	F	5	Golden Bear Open	Edmonton, AB	15-Jan-10
16	* 1.35m	St. Amant, Desiree	LYJ	96	14	F	9	Golden Bear Open	Edmonton, AB	15-Jan-10
16	* 1.35m	Tiberio, Janessa	CAL	96	14	F	8	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
16	* 1.35m	Hirst, Ellie	CAL	95	15	F	8	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
24	* 1.30m	Felix, Darlene	MAS	65	45	F	1	Golden Bear Open	Edmonton, AB	15-Jan-10
24	* 1.30m	Greenaway, Kiera	EOC	98	12	F	2	Alberta Indoor Games	Edmonton, AB	13-Feb-10
24	* 1.30m	Udholm, Ashlynn	LED	95	15	F	11	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
24	* 1.30m	Curle, Emma	STA	97	13	F	4	Golden Bear Open	Edmonton, AB	15-Jan-10
24	* 1.30m	Barlad-Ronald, Courtney	CS	95	15	F	11	Golden Bear Open	Edmonton, AB	15-Jan-10
24	* 1.30m	Simard, Christine	LED	96	14	F	10	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
24	* 1.30m	Bolen, Georgia	COTC	97	13	F	3	Golden Bear Open	Edmonton, AB	15-Jan-10
24	* 1.30m	Dietrich-Henderson, Antha	CAL	96	14	F	11	Golden Bear Open	Edmonton, AB	15-Jan-10
24	* 1.30m	Dillon, Cayle	EOC	97	13	F	5	Golden Bear Open	Edmonton, AB	15-Jan-10
24	* 1.30m	Starosielski, Mienna	NEAT	98	12	F	5	Alberta Indoor Games	Edmonton, AB	13-Feb-10
24	* 1.30m	Fridman, Lauren	CAL	96	14	F	4	Alberta Indoor Games	Edmonton, AB	13-Feb-10
35	1.28m	Amerongen, Loretta	UAAC	53	57	F	1	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
37	* 1.25m	Torrance, Melissa	CAL	95	15	F	16	Golden Bear Open	Edmonton, AB	15-Jan-10
37	* 1.25m	Jeffery, Baylee	NEAT	97	13	F	7	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
37	* 1.25m	Basher, Erin	EH	97	13	F	6	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
37	* 1.25m	Merth, Jenna	SCS	97	13	F	7	Alberta Indoor Games	Edmonton, AB	13-Feb-10
37	* 1.25m	Vocke, Cassie	COTC	93	17	F	3	Golden Bear Open	Edmonton, AB	15-Jan-10
37	* 1.25m	Hendricks, Mason	PAS	96	14	F	16	Golden Bear Open	Edmonton, AB	15-Jan-10
37	* 1.25m	Hanlon, Cameo	PAS	98	12	F	10	Alberta Indoor Games	Edmonton, AB	13-Feb-10
37	* 1.25m	Martin, Emma	CAL	97	13	F	7	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
37	* 1.25m	Dixon, Emma	CS	97	13	F	6	Golden Bear Open	Edmonton, AB	15-Jan-10
37	* 1.25m	Garnett, Lauren	CAL	95	15	F	6	Alberta Indoor Games	Edmonton, AB	13-Feb-10
37	* 1.25m	Laramée, Jocelyn	NEAT	97	13	F	10	Golden Bear Open	Edmonton, AB	15-Jan-10
48	* 1.20m	Hik, Freya	EH	95	15	F	3	Snow Fling	Edmonton, AB	10-Jan-10
48	* 1.20m	Hall, Yasmine	UN-AB	98	12	F	10	Golden Bear Open	Edmonton, AB	15-Jan-10
48	* 1.20m	Glover, Anna	CAL	97	13	F	12	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
52	* 1.15m	Yee, Madelaine	CAL	97	13	F	16	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
52	* 1.15m	Jolicoeur, Jovette	CS	59	50	M		World Masters Indoor Champ.	Kamloops, BC	1-Mar-10
52	* 1.15m	Hammond, Hannah	EH	98	12	F	11	Golden Bear Open	Edmonton, AB	15-Jan-10
52	* 1.15m	Allingham, Kayla	EH	97	13	F	15	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
52	* 1.15m	Kuerschner, Melina	EH	98	12	F	14	Golden Bear Open	Edmonton, AB	15-Jan-10
52	* 1.15m	Morgan, Payton	STA	98	12	F	13	Golden Bear Open	Edmonton, AB	15-Jan-10
52	* 1.15m	Oszust, Dharma	EH	98	12	F	15	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
61	* 1.10m	Young, Lelaina	STA	98	12	F	13	Alberta Indoor Games	Edmonton, AB	13-Feb-10
61	* 1.10m	Sinnatamby, Tiana	EH	97	13	F	18	Golden Bear Open	Edmonton, AB	15-Jan-10
61	* 1.10m	Cook, Lucy	EH	97	13	F	16	Golden Bear Open	Edmonton, AB	15-Jan-10
61	* 1.10m	Hull, Mia	CAL	98	12	F	17	Golden Bear Open	Edmonton, AB	15-Jan-10
61	* 1.10m	Wood, Heather	CAL	98	12	F	20	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
61	* 1.10m	Antoniuk, Kiara	CAC	98	12	F	20	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
67	* 1.05m	Schuh, Moriah	PAS	98	12	F	21	Golden Bear Open	Edmonton, AB	15-Jan-10
71	* 1.00m	White, Jamie-Lee	CNCS	97	13	F	21	Alberta Indoor Games	Edmonton, AB	13-Feb-10
71	* 1.00m	Trocchi-Hughes, Bailey	EOC	97	13	F	21	Alberta Indoor Games	Edmonton, AB	13-Feb-10
71	* 1.00m	James, Jaydin	EOC	97	13	F	25	Golden Bear Open	Edmonton, AB	15-Jan-10
71	* 1.00m	Black, Michelle	EOC	98	12	F	28	Alberta Indoor Championships	Edmonton, AB	13-Mar-10

2010 Indoor Rankings

71	*	1.00m	Teichreb, Kiana	SCS	98	12	F	28	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
71	*	1.00m	Parmar, Chava	LED	97	13	F	21	Alberta Indoor Games	Edmonton, AB	13-Feb-10

## 2010 Indoor Rankings

**Women Pole Vault**

1	3.82m	Gerwing, Michelle	EITC	87	23	F	2	K of C Indoor Games	Saskatoon, SK	4-Feb-10	
2	3.65m	Kupper, Sue	EITC	84	26	F	3	Snow Fling	Edmonton, AB	10-Jan-10	
3	3.60m	Webster, Robyn	UCAC	88	22	F	5	CIS Indoor Championships	Windsor, ON	11-Mar-10	
4	*	3.47m	Stephenson, Kimberly	UCAC	91	19	F	7	Canada West Championships	Edmonton, AB	26-Feb-10
4	*	3.47m	Bergevin, Lindsey	LED	89	21	F	8	Canada West Championships	Edmonton, AB	26-Feb-10
6	3.42m	Bertram, Keightley	UCAC	90	20	F	1	Olympic Oval Field Meet	Calgary, AB	7-Feb-10	
7	3.37m	Ridout, Paige	UCAC	92	18	F	5	Kinsmen Indoor Games	Regina, SK	12-Feb-10	
8	3.22m	Schneider, Lindy	UCAC	83	27	F	9	Golden Bear Open	Edmonton, AB	15-Jan-10	
9	3.15m	Head, Stacey	EITC	86	24	F	4	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	
10	3.10m	Mintz, Rachel	EITC	79	31	F	2	Alberta Indoor Games	Edmonton, AB	13-Feb-10	
11	2.37m	Meeuwisse, Kelly Ann	UCAC	94	16	F	12	Golden Bear Open	Edmonton, AB	15-Jan-10	

## 2010 Indoor Rankings

## Women Long Jump

1	6.34m	Bayley, Kraysia	LA	84	26	F	1	Mountain T's Invitational	Flagstaff, AZ	29-Jan-10
2	6.10m	Oudenaarden, Niki	EOC	94	16	F	1	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
3	5.63m	Machin, Rachel	UCAC	92	18	F	4	Simplot Games	Pocatello, ID	18-Feb-10
4	5.58m	Anderson, Samantha	CS	82	28	F	1	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
5	5.54m	MacEachen, Jill	CW	91	19	F	9	OVC Championships	Nashville, TN	26-Feb-10
6	5.40m	Wilkes, Courtney	VOL	89	21	F	4	Canada West Championships	Edmonton, AB	26-Feb-10
7 *	5.14m	Tse, Kim	CAL	86	24	F	2	Alberta Indoor Games	Edmonton, AB	13-Feb-10
7 *	5.14m	Charlesworth, Nicky	CAL	94	16	F	2	Golden Bear Open	Edmonton, AB	15-Jan-10
9	5.00m	Baerg, Karen	CS	83	27	F	3	Alberta Indoor Games	Edmonton, AB	13-Feb-10
10	4.95m	Miller, Julie	NEAT	93	17	F	2	Golden Bear Open	Edmonton, AB	15-Jan-10
11 *	4.94m	Kabatoff, Danielle	UCAC	93	17	F	4	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
11 *	4.94m	Watson, Sage	MED	94	16	F	3	Golden Bear Open	Edmonton, AB	15-Jan-10
13	4.91m	Bertram, Karri	UCAC	92	18	F	3	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
14	4.90m	Springer, Jaimee	SCS	92	18	F	4	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
15	4.86m	MacKay, Megan	CW	94	16	F	3	Sled Dog	Saskatoon, SK	29-Jan-10
16	4.73m	Hazen, Melissa	CAL	94	16	F	5	Golden Bear Open	Edmonton, AB	15-Jan-10
17	4.66m	Nerbas, Joelle	SCS	93	17	F	6	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
18	4.62m	MacDonald, Lindsey	NEAT	95	15	F	2	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
19	4.45m	O'Brien, Chase	CAL	96	14	F	3	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
20	4.35m	Hirst, Ellie	CAL	95	15	F	5	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
21	4.31m	Dixon, Emma	CS	97	13	F	1	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
22	4.29m	Davidson, Jacquelyn	SCS	95	15	F	1	Alberta Indoor Games	Edmonton, AB	13-Feb-10
23	4.27m	Gerber, Michelle	SCS	96	14	F	4	Golden Bear Open	Edmonton, AB	15-Jan-10
24	4.25m	Oszust, Jessica	NEAT	88	22	F	5	Alberta Indoor Games	Edmonton, AB	13-Feb-10
25 *	4.23m	Ould-Hamouda, Zahra	CS	86	24	F	4	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
25 *	4.23m	Lauridsen, Susanne	CS	58	52	F	1	Alberta Indoor Games	Edmonton, AB	13-Feb-10
27	4.22m	Hendricks, Mason	PAS	96	14	F	5	Golden Bear Open	Edmonton, AB	15-Jan-10
28 *	4.18m	McKain, Cassidy	RED	98	12	F	1	Alberta Indoor Games	Edmonton, AB	13-Feb-10
28 *	4.18m	Mitchell, Brittany	PAS	97	13	F	2	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
30 *	4.16m	Dietrich-Henderson, Antha	CAL	96	14	F	7	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
30 *	4.16m	Amerongen, Loretta	UAAC	53	57	F	1	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
32	4.15m	Jolicoeur, Jovette	CS	59	51	F	2	Alberta Indoor Games	Edmonton, AB	13-Feb-10
33	4.14m	Kalmakoff, Jessica	CAL	95	15	F	8	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
34 *	4.13m	Dunlop, Elizabeth	COTC	96	14	F	9	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
34 *	4.13m	MacDonald, Alanna	VOL	95	15	F	2	Snow Fling	Edmonton, AB	10-Jan-10
36	4.03m	Greenaway, Kiera	EOC	98	12	F	2	Alberta Indoor Games	Edmonton, AB	13-Feb-10
37	4.02m	Martin, Emma	CAL	97	13	F	3	Alberta Indoor Games	Edmonton, AB	13-Feb-10
38 *	4.01m	Allen, Candace	EOC	94	16	F	10	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
38 *	4.01m	Nef, Gabriela	STA	94	16	F	3	Alberta Indoor Games	Edmonton, AB	13-Feb-10
38 *	4.01m	Corbiere, Kimberly	LYJ	94	16	F	10	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
41 *	4.00m	Laramée, Jocelyn	NEAT	97	13	F	5	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
41 *	4.00m	Nutting, Jan	MAS	53	57	F	4	Alberta Indoor Games	Edmonton, AB	13-Feb-10
43	3.97m	Lucas, Hayley	NEAT	95	15	F	12	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
44	3.96m	Wilson-Bodnar, Emily	CAL	96	14	F	4	Alberta Indoor Games	Edmonton, AB	13-Feb-10
45	3.95m	Felix, Darlene	MAS	65	45	M		World Masters Indoor Champ.	Kamloops, BC	1-Mar-10
46	3.94m	Galey, Jasmine	CAL	95	15	F	13	Golden Bear Open	Edmonton, AB	15-Jan-10
47	3.89m	Dillon, Cayle	EOC	97	13	F	6	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
48	3.86m	Kuerschner, Melina	EH	98	12	F	8	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
49	3.84m	Merth, Jenna	SCS	97	13	F	9	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
50	3.83m	Huston, Jordan	RED	96	14	F	17	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
51	3.82m	Jacso, Maria	CAL	95	15	F	6	Alberta Indoor Games	Edmonton, AB	13-Feb-10
52	3.75m	Garnett, Lauren	CAL	95	15	F	7	Alberta Indoor Games	Edmonton, AB	13-Feb-10
53	3.74m	Torrance, Melissa	CAL	95	15	F	18	Golden Bear Open	Edmonton, AB	15-Jan-10
54	3.72m	Cook, Lucy	EH	97	13	F		Sled Dog	Saskatoon, SK	29-Jan-10
55	3.71m	Vocke, Cassie	COTC	93	17	F	8	Golden Bear Open	Edmonton, AB	15-Jan-10
56	3.69m	Antoniuk, Kiara	CAC	98	12	F	6	Alberta Indoor Games	Edmonton, AB	13-Feb-10
57 *	3.64m	Hanlon, Cameo	PAS	98	12	F	7	Alberta Indoor Games	Edmonton, AB	13-Feb-10
57 *	3.64m	Starosielski, Mienna	NEAT	98	12	F	11	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
59	3.63m	Hik, Freya	EH	95	15	F	20	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
60 *	3.56m	Gagne, Chanelle	NEAT	95	15	F	6	Snow Fling	Edmonton, AB	10-Jan-10
60 *	3.56m	Troccoli-Hughes, Bailey	EOC	97	13	F	8	Alberta Indoor Games	Edmonton, AB	13-Feb-10
62	3.53m	Jeffery, Baylee	NEAT	97	13	F	12	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
63	3.49m	Parmar, Chava	LED	97	13	F	7	Golden Bear Open	Edmonton, AB	15-Jan-10
64	3.46m	Wood, Heather	CAL	98	12	F	14	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
65	3.44m	Hull, Mia	CAL	98	12	F	8	Golden Bear Open	Edmonton, AB	15-Jan-10
66 *	3.43m	Cakmak, Noelle	LED	98	12	F	16	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
66 *	3.43m	Hammond, Hannah	EH	98	12	F	16	Alberta Indoor Championships	Edmonton, AB	13-Mar-10

## 2010 Indoor Rankings

68	3.41m	Bolen, Georgia	COTC	97	13	F	10	Golden Bear Open	Edmonton, AB	15-Jan-10	
69	3.36m	Hartling, Carsyn	EH	97	13	F		Sled Dog	Saskatoon, SK	29-Jan-10	
70	3.35m	Oszust, Dharma	EH	98	12	F	13	Golden Bear Open	Edmonton, AB	15-Jan-10	
71	*	3.23m	Choi, Jiwon	CAL	95	15	F	10	Alberta Indoor Games	Edmonton, AB	13-Feb-10
71	*	3.23m	Curle, Emma	STA	97	13	F	25	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
73	*	3.22m	Conibear, Delainy	CAL	97	13	F	12	Alberta Indoor Games	Edmonton, AB	13-Feb-10
73	*	3.22m	Newton, Kennedy	STA	97	13	F	14	Golden Bear Open	Edmonton, AB	15-Jan-10
75	3.13m	Sinnatamby, Tiana	EH	97	13	F	17	Golden Bear Open	Edmonton, AB	15-Jan-10	
76	3.10m	Glover, Anna	CAL	97	13	F	27	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	
77	3.09m	Dargie, Betty	UCAC	42	67	F	4	World Masters Indoor Champ.	Kamloops, BC	1-Mar-10	
78	3.07m	Morgan, Payton	STA	98	12	F	28	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	
79	3.05m	Schuh, Moriah	PAS	98	12	F	18	Golden Bear Open	Edmonton, AB	15-Jan-10	
80	3.03m	James, Jaydin	EOC	97	13	F	19	Golden Bear Open	Edmonton, AB	15-Jan-10	
81	3.00m	Basher, Erin	EH	97	13	F	30	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	
82	2.96m	White, Jamie-Lee	CNCS	97	13	F	14	Alberta Indoor Games	Edmonton, AB	13-Feb-10	
83	2.93m	Brodziak, Regan	NEAT	97	13	F	8	Snow Fling	Edmonton, AB	10-Jan-10	
84	2.88m	MacDonald, Madison	NEAT	97	13	F	9	Snow Fling	Edmonton, AB	10-Jan-10	
85	2.77m	Black, Michelle	EOC	98	12	F	21	Golden Bear Open	Edmonton, AB	15-Jan-10	
86	2.56m	Teichreb, Kiana	SCS	98	12	F	22	Golden Bear Open	Edmonton, AB	15-Jan-10	

## 2010 Indoor Rankings

**Women Triple Jump**

1	11.88m	Wilkes, Courtney	VOL	89	21	F	1	Kinsmen Indoor Games	Regina, SK	12-Feb-10
2	11.26m	Tse, Kim	CAL	86	24	F	1	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
3	11.21m	Baerg, Karen	CS	83	27	F	4	Golden Bear Open	Edmonton, AB	15-Jan-10
4	10.92m	Kabatoff, Danielle	UCAC	93	17	F	1	Kinsmen Indoor Games	Regina, SK	12-Feb-10
5	9.88m	Miller, Julie	NEAT	93	17	F	16	Simplot Games	Pocatello, ID	18-Feb-10
6	9.40m	Nerbas, Joelle	SCS	93	17	F	12	Golden Bear Open	Edmonton, AB	15-Jan-10
7	8.77m	Amerongen, Loretta	UAAC	53	57	F	1	Alberta Indoor Games	Edmonton, AB	13-Feb-10
8	8.41m	Hendricks, Mason	PAS	96	14	F	2	Alberta Indoor Games	Edmonton, AB	13-Feb-10
9	8.26m	Lauridsen, Susanne	CS	58	52	F	3	World Masters Indoor Champ.	Kamloops, BC	1-Mar-10

## 2010 Indoor Rankings

## Women Shot Put

1	12.10m	Oudenaarden, Niki	EOC	94	16	F	1	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	4kg
2	10.86m	Anderson, Samantha	CS	82	28	F	2	Olympic Oval Field Meet	Calgary, AB	7-Feb-10	4kg
3	10.06m	Jolicoeur, Jovette	CS	59	50	F	1	Golden Bear Open	Edmonton, AB	15-Jan-10	3kg
4	10.00m	Smolka, Chelsea	UCAC	88	22	F	1	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	4kg
5	9.78m	Heshka-Wolf, Ciera	EH	91	19	F	12	Sled Dog	Saskatoon, SK	29-Jan-10	4kg
6	9.59m	Walker, Morgan	EOC	96	14	F	1	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	3kg
7	9.55m	Nerbas, Joelle	SCS	93	17	F	2	Alberta Indoor Games	Edmonton, AB	13-Feb-10	4kg
8	9.53m	Barlad-Ronald, Courtney	CS	95	15	F	1	Alberta Indoor Games	Edmonton, AB	13-Feb-10	3kg
9	9.39m	Simpson, Lauren	LA	91	19	F	12	Golden Bear Open	Edmonton, AB	15-Jan-10	4kg
10	9.09m	Walkeden, Leah	EH	93	17	F	3	Alberta Indoor Games	Edmonton, AB	13-Feb-10	4kg
11	8.96m	King, Tracy	EH	58	52	F	2	Alberta Indoor Games	Edmonton, AB	13-Feb-10	3kg
12	8.85m	Roberts, Catherine	MAS	47	63	F	3	Alberta Indoor Games	Edmonton, AB	13-Feb-10	3kg
13	8.81m	Oszust, Jessica	NEAT	88	22	F	2	Alberta Indoor Games	Edmonton, AB	13-Feb-10	4kg
14	8.61m	Kinley, Grace	NEAT	95	15	F	2	Golden Bear Open	Edmonton, AB	15-Jan-10	3kg
15	8.61m	Stanley, Amber	CNCS	95	15	F	2	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	3kg
16	8.16m	Jaco, Maria	CAL	95	15	F	4	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	3kg
17	7.95m	Yee, Madelaine	CAL	97	13	F	1	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	3kg
18	7.81m	Fedorus, Jaclyn	CAP	88	22	F	22	Sled Dog	Saskatoon, SK	29-Jan-10	4kg
19	7.59m	McKain, Kassidy	RED	98	12	F	2	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	3kg
20	7.57m	Chell, Colleen	CNCS	54	56	F	3	Golden Bear Open	Edmonton, AB	15-Jan-10	3kg
21	7.51m	Hendricks, Mason	PAS	96	14	F	5	Alberta Indoor Games	Edmonton, AB	13-Feb-10	3kg
22	7.46m	Gerber, Michelle	SCS	96	14	F	6	Alberta Indoor Games	Edmonton, AB	13-Feb-10	3kg
23	7.37m	White, Gloria	CNCS	68	42	F	1	Golden Bear Open	Edmonton, AB	15-Jan-10	4kg
24	7.22m	St. Denis, Shyanne	CNCS	94	16	F	4	Alberta Indoor Games	Edmonton, AB	13-Feb-10	4kg
25	7.14m	St. Amant, Desiree	LYJ	96	14	F	7	Alberta Indoor Games	Edmonton, AB	13-Feb-10	3kg
26	7.07m	Dunlop, Elizabeth	COTC	96	14	F	5	Golden Bear Open	Edmonton, AB	15-Jan-10	3kg
27	7.04m	James, Jaydin	EOC	97	13	F	1	Golden Bear Open	Edmonton, AB	15-Jan-10	3kg
28	6.97m	Dixon, Emma	CS	97	13	F	2	Golden Bear Open	Edmonton, AB	15-Jan-10	3kg
29	6.88m	Castor, Stephanie	CNCS	92	18	F	1	Golden Bear Open	Edmonton, AB	15-Jan-10	4kg
30	6.83m	Black, Sarah	MAS	61	49	F	1	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	4kg
31	6.72m	Laramee, Jocelyn	NEAT	97	13	F	3	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	3kg
32	6.59m	Martin, Emma	CAL	97	13	F	7	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	3kg
33	6.57m	Hartling, Carsyn	EH	97	13	F	8	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	3kg
34	6.56m	Hammond, Hannah	EH	98	12	F	9	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	3kg
35	6.54m	Lugg, Anna	EH	97	13	F	8	Alberta Indoor Games	Edmonton, AB	13-Feb-10	3kg
36	6.53m	Hull, Mia	CAL	98	12	F	10	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	3kg
37	6.50m	Kuerschner, Melina	EH	98	12	F	4	Golden Bear Open	Edmonton, AB	15-Jan-10	3kg
38	6.47m	Hall, Yasmine	UN-AB	98	12	F	5	Golden Bear Open	Edmonton, AB	15-Jan-10	3kg
39	6.43m	Felix, Darlene	MAS	65	45	F	2	Golden Bear Open	Edmonton, AB	15-Jan-10	4kg
40	6.40m	Trocchi-Hughes, Bailey	EOC	97	13	F	12	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	3kg
41	6.39m	Bolen, Georgia	COTC	97	13	F	8	Golden Bear Open	Edmonton, AB	15-Jan-10	3kg
42 *	6.34m	Mitchell, Brittany	PAS	97	13	F	13	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	3kg
42 *	6.34m	Oszust, Dharma	EH	98	12	F	13	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	3kg
44	6.29m	Dietrich-Henderson, Antha	CAL	96	14	F	7	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	3kg
45	6.04m	Newton, Kennedy	STA	97	13	F	10	Golden Bear Open	Edmonton, AB	15-Jan-10	3kg
46 *	5.96m	Cakmak, Noelle	LED	98	12	F	10	Alberta Indoor Games	Edmonton, AB	13-Feb-10	3kg
46 *	5.96m	Parmar, Chava	LED	97	13	F	17	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	3kg
48 *	5.89m	Basher, Erin	EH	97	13	F	14	Golden Bear Open	Edmonton, AB	15-Jan-10	3kg
48 *	5.89m	Jeffery, Baylee	NEAT	97	13	F	18	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	3kg
50	5.83m	Hartling, Carsyn	EH	97	13	F	9	Alberta Indoor Games	Edmonton, AB	13-Feb-10	3kg
51	5.82m	Dillon, Cayle	EOC	97	13	F	19	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	3kg
52	5.66m	Cardinal, Sherice	CNCS	94	16	F	3	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	4kg
53	5.62m	Conibear, Delainy	CAL	97	13	F	15	Alberta Indoor Games	Edmonton, AB	13-Feb-10	3kg
54	5.54m	Hik, Freya	EH	95	15	F	10	Golden Bear Open	Edmonton, AB	15-Jan-10	3kg
55	5.26m	Antoniuk, Kiara	CAC	98	12	F	19	Golden Bear Open	Edmonton, AB	15-Jan-10	3kg
56	5.12m	Curle, Emma	STA	97	13	F	19	Alberta Indoor Games	Edmonton, AB	13-Feb-10	3kg
57	5.09m	Schuh, Moriah	PAS	98	12	F	21	Golden Bear Open	Edmonton, AB	15-Jan-10	3kg
58	5.00m	Hanlon, Cameo	PAS	98	12	F	20	Alberta Indoor Games	Edmonton, AB	13-Feb-10	3kg
59	4.96m	Sinnatamy, Tiana	EH	97	13	F	22	Golden Bear Open	Edmonton, AB	15-Jan-10	3kg
60	4.93m	White, Jamie-Lee	CNCS	97	13	F	22	Alberta Indoor Games	Edmonton, AB	13-Feb-10	3kg
61	4.88m	Merth, Jenna	SCS	97	13	F	23	Golden Bear Open	Edmonton, AB	15-Jan-10	3kg
62	4.81m	Starosielski, Mienna	NEAT	98	12	F	2	Snow Fling	Edmonton, AB	10-Jan-10	3kg
63	4.76m	Cook, Lucy	EH	97	13	F	23	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	3kg
64	4.71m	Black, Michelle	EOC	98	12	F	23	Alberta Indoor Games	Edmonton, AB	13-Feb-10	3kg
65 *	4.24m	Glover, Anna	CAL	97	13	F	29	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	3kg
65 *	4.24m	Morgan, Payton	STA	98	12	F	29	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	3kg
67	4.09m	Greenaway, Kiera	EOC	98	12	F	32	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	3kg

2010 Indoor Rankings

68	3.51m	Teichreb, Kiana	SCS	98	12	F	33	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	3kg
69	3.45m	Gould, Alysia	STA	95	13	F	34	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	3kg
70	3.42m	Young, Lelaina	STA	98	12	F	28	Alberta Indoor Games	Edmonton, AB	13-Feb-10	3kg
71	3.24m	Wood, Heather	CAL	98	12	F	35	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	3kg

## 2010 Indoor Rankings

**Women Weight Throw**

1	13.99m	Heshka-Wolf, Ciera	EH	91	19	F	5	Kinsmen Indoor Games	Regina, SK	12-Feb-10	9.08kg
2	11.78m	Stanley, Amber	CNCS	95	15	F	1	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	7.26kg
3	10.15m	Roberts, Catherine	MAS	47	63	F	1	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	5.44kg
4	9.88m	Fedorus, Jaclyn	CAP	88	22	F	14	Canada West Championships	Edmonton, AB	26-Feb-10	9.08kg
5	8.54m	St. Denis, Shyanne	CNCS	94	16	F	1	Alberta Indoor Games	Edmonton, AB	13-Feb-10	7.26kg
6	7.62m	Kinley, Grace	NEAT	95	15	F	2	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	7.26kg
7	7.41m	Chell, Colleen	CNCS	54	56	F	2	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	7.26kg
8	6.77m	Cardinal, Sherice	CNCS	94	16	F	2	Golden Bear Open	Edmonton, AB	15-Jan-10	7.26kg
9	6.50m	Hammond, Hannah	EH	98	12	F	1	Golden Bear Open	Edmonton, AB	15-Jan-10	5.44kg
10	6.48m	Oszust, Dharma	EH	98	12	F	2	Golden Bear Open	Edmonton, AB	15-Jan-10	5.44kg
11	6.31m	White, Gloria	CNCS	68	42	F	3	Golden Bear Open	Edmonton, AB	15-Jan-10	9.08kg
12	6.14m	White, Jamie-Lee	CNCS	97	13	F	2	Alberta Indoor Games	Edmonton, AB	13-Feb-10	5.44kg
13	5.88m	Cook, Lucy	EH	97	13	F	3	Golden Bear Open	Edmonton, AB	15-Jan-10	5.44kg

2010 Indoor Rankings

**Women Pentathlon**

1	3228	Jolicoeur, Jovette	CS	59	50	F	5	World Masters Indoor Champ.	Kamloops, BC	1-Mar-10
2	2648	Felix, Darlene	MAS	65	45	F	2	World Masters Indoor Champ.	Kamloops, BC	1-Mar-10
3	1641	Oszust, Jessica	NEAT	88	22	F	9	Golden Bear Open	Edmonton, AB	15-Jan-10

# 2010 Indoor Rankings Men

Mark	Name	Team	YB	Age	Rd	PI	Meet	Location	Begin Date	Specs
<b>Men 50m Sprint</b>										
Last date of results included: 14-Mar-10										
1	5.71	Effah, Sam	UCAC	88	22	F	1	K of C Indoor Games	Saskatoon, SK	4-Feb-10
2	5.82	Haynes, Akeem	CITC	92	18	F	3	K of C Indoor Games	Saskatoon, SK	4-Feb-10
3	5.85	Barnett, Brian	CAP	87	23	P	5	K of C Indoor Games	Saskatoon, SK	4-Feb-10
<b>Men 60m Sprint</b>										
1	6.57	Effah, Sam	UCAC	88	22	P	1	CIS Indoor Championships	Windsor, ON	11-Mar-10
2	6.73	Haynes, Akeem	CITC	92	18	F	2	Dino Classic	Calgary, AB	9-Jan-10
3	6.77	Barnett, Brian	CAP	87	23	P	3	K of C Indoor Games	Saskatoon, SK	4-Feb-10
4	6.95	Rolle, Thomas	UAAC	81	29	F	3	Dino Classic	Calgary, AB	9-Jan-10
5	7.06	McPhee, Stephen	ESA	91	19	P	2	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
6 *	7.10	Rosenke, Daniel	UN-AB	84	26	P	1	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
6 *	7.10	King-McKenzie, Michael	EH	94	16	F	1	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
8	7.11	Skory, Kale	UN-AB	92	18	F	3	Jack Simpson Open	Calgary, AB	23-Jan-10
9	7.13	Lem, Sean	PRE	91	19	F	4	Jack Simpson Open	Calgary, AB	23-Jan-10
10	7.16	McKay, Ryan	CAL	93	17	F	2	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
11	7.19	Fernuik, Taylor	ESA	90	20	F	4	Snow Fling	Edmonton, AB	10-Jan-10
12	7.20	Johnston, Trent	UCAC	90	20	F	8	Dino Classic	Calgary, AB	9-Jan-10
13 *	7.21	Hastings, Alex	EOC	90	20	P	3	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
13 *	7.21	Clark, Adam	UCAC	90	20	F	9	Dino Classic	Calgary, AB	9-Jan-10
15	7.23	Francois, Andre	EH	64	45	F	2	World Masters Indoor Champ.	Kamloops, BC	1-Mar-10
16 *	7.26	Ebrado, Elizar	ERTF	88	22	P	9	Bison Classic	Winnipeg, MB	6-Feb-10
16 *	7.26	Breski, Josh	UCAC	91	19	F	8	Jack Simpson Open	Calgary, AB	23-Jan-10
18 *	7.28	Rynn, Isaac	CAL	89	21	F	10	Dino Classic	Calgary, AB	9-Jan-10
18 *	7.28	Bury-Jones, Stewart	UCAC	89	21	P	9	Kinsmen Indoor Games	Regina, SK	12-Feb-10
20 *	7.29	Bymoan, Alex	CAL	94	16	F	10	Jack Simpson Open	Calgary, AB	23-Jan-10
20 *	7.29	Izat, Josh	UCAC	92	18	P	4	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
22	7.31	King, Garrett	EOC	93	17	P	4	Golden Bear Open	Edmonton, AB	15-Jan-10
23 *	7.35	Babcock, Sam	UCAC	93	17	F	4	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
23 *	7.35	Ritchie, Nicholas	ESA	86	24	F	4	Alberta Indoor Games	Edmonton, AB	13-Feb-10
25	7.39	Roesch, Evan	EH	92	18	F	7	Alberta Indoor Games	Edmonton, AB	13-Feb-10
26 *	7.40	Smith, Jahmel	CITC	93	17	F	5	Golden Bear Open	Edmonton, AB	15-Jan-10
26 *	7.40	Minton, Corey	CW	91	19	P	12	Jack Simpson Open	Calgary, AB	23-Jan-10
26 *	7.40	Arsenault, Matthew	CITC	84	26	P	15	Dino Classic	Calgary, AB	9-Jan-10
29 *	7.42	Rosery, Arden	EOC	95	15	F	1	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
29 *	7.42	Emslie, Warren	PCTF	91	19	P	5	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
29 *	7.42	Wilkes, Ryan	UN-AB	91	19	P	11	Snow Fling	Edmonton, AB	10-Jan-10
29 *	7.42	Pho, Calvin	EH	93	17	P	5	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
33	7.43	Uffelman, Chase	CS	92	18	P	7	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
34 *	7.44	Kong, Tim	ERTF	95	16	P	19	Bison Classic	Winnipeg, MB	6-Feb-10
34 *	7.44	Murphy, Kevin	UCAC	93	17	F	6	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
34 *	7.44	Ohrt, Shane	EH	93	17	F	7	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
37	7.45	Theodore, Deryk	EITC	89	21	P	18	Golden Bear Open	Edmonton, AB	15-Jan-10
38	7.49	Hayes, Clayton	CAP	88	22	P	16	Snow Fling	Edmonton, AB	10-Jan-10
39	7.50	Dossou, Serge	UCAC	93	17	F	4	Dino Classic	Calgary, AB	9-Jan-10
40 *	7.51	Marcellus, Kieryn	ET	92	18	P	22	Golden Bear Open	Edmonton, AB	15-Jan-10
40 *	7.51	Williams, Scott	EOC	95	19	P	6	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
40 *	7.51	Kasamba, Gervais	ESA	93	17	P	8	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
43 *	7.52	Bertin, Khalil	EOC	94	16	P	10	Golden Bear Open	Edmonton, AB	15-Jan-10
43 *	7.52	Thomas, Darryl	ESA	90	20	P	24	Golden Bear Open	Edmonton, AB	15-Jan-10
45	7.54	Sandford, Conor	UN-AB	92	18	P	8	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
46	7.55	Hartling, Dylan	EH	94	16	F	13	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
47 *	7.57	Meek, Mackenzie	CW	94	16	F	5	Dino Classic	Calgary, AB	9-Jan-10
47 *	7.57	Kinley, George	NEAT	92	18	F	7	Golden Bear Open	Edmonton, AB	15-Jan-10
49 *	7.58	Harriott, Ian	EOC	95	15	F	2	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
49 *	7.58	Marcellus, Kieryn	ET	92	18	P	10	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
49 *	7.58	Dumbaya, Abu	CAC	92	18	P	14	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
52 *	7.61	Reckord, Matthew	CW	95	15	P	2	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
52 *	7.61	Krolikowski, MACIEK	UCAC	91	19	P	18	Jack Simpson Open	Calgary, AB	23-Jan-10
54	7.63	Eng, Preston	UCAC	91	19	P	20	Jack Simpson Open	Calgary, AB	23-Jan-10
55	7.64	Clark, Steven	CAL	91	19	P	11	Alberta Indoor Games	Edmonton, AB	13-Feb-10
56 *	7.68	Wigg, Michael	UCAC	95	18	P	11	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
56 *	7.68	Roberts, Chris	CAP	94	16	F	6	Alberta Indoor Games	Edmonton, AB	13-Feb-10
56 *	7.68	Lee Pong, David	EH	55	55	F	3	World Masters Indoor Champ.	Kamloops, BC	1-Mar-10

## 2010 Indoor Rankings

59	7.69	Jones, Chris	PRE	73	37	F	1	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
60	7.70	Buettner, Nicholas	CAL	95	15	F	2	Jack Simpson Open	Calgary, AB	23-Jan-10
61	* 7.72	Pospilil, Andrew	UCAC	89	21	P	25	Kinsmen Indoor Games	Regina, SK	12-Feb-10
61	* 7.72	Van Bakel, Jim	MAS	74	35	P	22	World Masters Indoor Champ.	Kamloops, BC	1-Mar-10
63	7.73	Clements, Bryce	CAL	94	16	F	6	Jack Simpson Open	Calgary, AB	23-Jan-10
64	7.75	Peynado, Doron	EOC	84	26	P	9	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
65	* 7.76	Ferreira, Henry	NEAT	88	22	F		Potts Indoor Invitational	Boulder, CO	22-Jan-10
65	* 7.76	Choi, Andrew	EITC	92	18	F	8	Golden Bear Open	Edmonton, AB	15-Jan-10
67	7.77	Penner, Kcoal	SCS	92	18	P	32	Golden Bear Open	Edmonton, AB	15-Jan-10
68	7.80	Thomas, Craig	UCAC	90	20	P	25	Jack Simpson Open	Calgary, AB	23-Jan-10
69	* 7.82	Wilkes, Nigel	UCAC	94	16	F	8	Dino Classic	Calgary, AB	9-Jan-10
69	* 7.82	Henriquez, Fernando	EH	94	16	P	17	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
69	* 7.82	Coy, Jesaiah	COTC	93	17	P	6	Alberta Indoor Games	Edmonton, AB	13-Feb-10
69	* 7.82	Myhre, Luke	UCAC	92	18	P	26	Jack Simpson Open	Calgary, AB	23-Jan-10
73	7.83	Srey, Steventer	CAC	93	17	P	18	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
74	7.84	Zimmer, Jake	CS	95	15	P	3	Golden Bear Open	Edmonton, AB	15-Jan-10
75	7.85	Posyluzny, Darren	RED	68	42	F	2	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
76	7.86	Gilfillan, Kale	PCTF	93	17	P	19	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
77	7.87	Kunysz, Matthew	COTC	93	17	P	16	Golden Bear Open	Edmonton, AB	15-Jan-10
78	7.88	Sheremeta, Andrew	CAP	93	17	P	20	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
79	* 7.90	Patterson, Doug	CW	92	18	P	28	Jack Simpson Open	Calgary, AB	23-Jan-10
79	* 7.90	Laramee, Eric	NEAT	94	16	P	21	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
79	* 7.90	Harris, Brian	CS	70	40	F	4	Dino Classic	Calgary, AB	9-Jan-10
82	7.91	Brideson, Matthew	CW	94	16	F	10	Dino Classic	Calgary, AB	9-Jan-10
83	7.92	Boudreau, Paul	CAL	94	16	P	18	Golden Bear Open	Edmonton, AB	15-Jan-10
84	7.93	Trapp, Robert	MAS	61	48	S	7	World Masters Indoor Champ.	Kamloops, BC	1-Mar-10
85	7.95	Sands, Paul	CW	94	16	F	13	Dino Classic	Calgary, AB	9-Jan-10
86	* 7.98	St. Amant, Paul	LYJ	63	47	F	4	Golden Bear Open	Edmonton, AB	15-Jan-10
86	* 7.98	Lazarenko, Tyler	ESA	95	15	F	21	Snow Fling	Edmonton, AB	10-Jan-10
88	7.99	Braden, Andrew	RED	95	15	F	7	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
89	* 8.01	Harriott, Tyree	EOC	97	13	F	1	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
89	* 8.01	Huber, Nicholas	EOC	96	14	P	8	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
89	* 8.01	Squire, Zachary	EOC	96	14	F	4	Alberta Indoor Games	Edmonton, AB	13-Feb-10
92	* 8.03	McQueen, Alister	CW	91	19	P	15	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
92	* 8.03	MacKay, Scott	CW	96	14	P	7	Golden Bear Open	Edmonton, AB	15-Jan-10
94	8.04	Whitehead, Darius	LTH	93	17	F	17	Dino Classic	Calgary, AB	9-Jan-10
95	8.05	Bettac, Sean	RED	94	16	P	23	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
96	* 8.06	Yee, Daniel	CAL	94	16	F	12	Jack Simpson Open	Calgary, AB	23-Jan-10
96	* 8.06	Feltan, Brent	EH	94	16	P	22	Golden Bear Open	Edmonton, AB	15-Jan-10
96	* 8.06	Crawford, Drew	CAL	94	16	F	18	Dino Classic	Calgary, AB	9-Jan-10
99	8.07	Hundal, Jansher	CITC	94	16	F	14	Jack Simpson Open	Calgary, AB	23-Jan-10
100	* 8.08	Parks, Corey	EOC	96	14	P	11	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
100	* 8.08	Welsh, Kevin	PCTF	95	15	P	6	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
102	* 8.09	Salmon, Trevor	UN-AB	61	49	F	6	Dino Classic	Calgary, AB	9-Jan-10
102	* 8.09	Black, Murray	MAS	59	51	F	1	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
104	8.12	Black, Darcy	MAS	74	35	P	11	World Masters Indoor Champ.	Kamloops, BC	1-Mar-10
105	8.14	Biedermann, Rhykel	CAL	94	16	P	26	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
106	8.15	Boyd, Barry	UAAC	52	58	P	9	Alberta Indoor Games	Edmonton, AB	13-Feb-10
107	8.16	Nordmark, Daelin	CW	95	15	F	4	Dino Classic	Calgary, AB	9-Jan-10
108	* 8.18	Dragicevic, Nikola	CW	94	16	F	20	Dino Classic	Calgary, AB	9-Jan-10
108	* 8.18	Dragicevic, Daniel	CW	94	16	F	21	Dino Classic	Calgary, AB	9-Jan-10
110	8.20	Kellner, Thomas	CAL	94	16	P	13	Alberta Indoor Games	Edmonton, AB	13-Feb-10
111	8.22	Dunlop, Benjamin	COTC	94	16	F	23	Dino Classic	Calgary, AB	9-Jan-10
112	8.24	Brown, Darby	PRE	73	37	F	7	Dino Classic	Calgary, AB	9-Jan-10
113	* 8.25	Brignall, Nathan	UN-AB	86	24	P	11	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
113	* 8.25	Rajotte, Marc	UN-AB	80	30	P	30	Jack Simpson Open	Calgary, AB	23-Jan-10
115	8.28	Yuen, Casey	CAL	94	16	P	28	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
116	8.29	Meyers, Darcy	CS	62	48	P	10	World Masters Indoor Champ.	Kamloops, BC	1-Mar-10
117	8.31	Cox, Nigel	CS	91	19	P	31	Jack Simpson Open	Calgary, AB	23-Jan-10
118	8.33	Garber, Jacob	EH	95	15	P	18	Golden Bear Open	Edmonton, AB	15-Jan-10
119	8.34	Temple-Smith, Drew	CAL	94	16	P	25	Golden Bear Open	Edmonton, AB	15-Jan-10
120	8.35	Hoskins, Jordan	CS	96	14	P	14	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
121	8.37	Hudson, Jeff	CW	96	14	F	13	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
122	8.45	Fisher, Erik	RED	94	16	P	27	Golden Bear Open	Edmonton, AB	15-Jan-10
123	8.46	Hansen, Jordan	LED	96	14	F	7	Alberta Indoor Games	Edmonton, AB	13-Feb-10
124	8.52	Huo, Jeremiah	RED	97	13	F	1	Alberta Indoor Games	Edmonton, AB	13-Feb-10
125	8.53	Posyluzny, Brayden	RED	97	13	F	3	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
126	8.54	Smeeton, Eric	CW	96	14	F	5	Dino Classic	Calgary, AB	9-Jan-10

## 2010 Indoor Rankings

127	8.59	Caouette, Henry	CS	95	15	F	5	Dino Classic	Calgary, AB	9-Jan-10
128	8.60	Williamson, Brendan	COTC	95	15	F	6	Dino Classic	Calgary, AB	9-Jan-10
129	8.64	Nickel, Aidan	CAL	95	15	F	4	Jack Simpson Open	Calgary, AB	23-Jan-10
130	8.73	Mintz, Bruce	MAS	46	63	P	7	World Masters Indoor Champ.	Kamloops, BC	1-Mar-10
131 *	8.80	Collin, Lewis	EOC	98	12	F	3	Alberta Indoor Games	Edmonton, AB	13-Feb-10
131 *	8.80	Cook, James	EH	95	15	P	25	Golden Bear Open	Edmonton, AB	15-Jan-10
133 *	8.81	Reid, Jacob	COTC	97	13	F	3	Dino Classic	Calgary, AB	9-Jan-10
133 *	8.81	Cucziz, Nicholas	STA	97	13	F	5	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
135	8.87	Springer, Matthew	CAL	95	15	P	22	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
136	8.88	Kunysz, Waldemar	COTC	58	52	F	3	Golden Bear Open	Edmonton, AB	15-Jan-10
137	8.89	Westaway, Callum	CS	97	13	F	8	Alberta Indoor Championships	Edmonton, AB	13-Jan-10
138	8.94	Mason, Nakoda	PAS	96	14	P	28	Golden Bear Open	Edmonton, AB	15-Jan-10
139	9.07	Hoskins, Tyson	CS	98	12	F	9	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
140	9.13	Lutz, Eric	RED	98	12	F	10	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
141	9.19	Stephen, Brent	CAL	96	14	P	24	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
142	9.21	Boutin, Josep	CW	96	14	P	25	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
143	9.26	Swane, Dwight	MAS	44	66	F	1	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
144	9.28	Wood, Thomas	CAL	94	16	F	27	Dino Classic	Calgary, AB	9-Jan-10
145	9.29	Meister, Charlie	CAL	95	15	P	26	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
146 *	9.30	Yuzyk, Geoffrey	EH	75	35	P	34	Snow Fling	Edmonton, AB	10-Jan-10
146 *	9.30	Johnstone, Connor	PAS	97	13	F	6	Alberta Indoor Games	Edmonton, AB	13-Feb-10
148	9.34	Dunn, Dave	MAS	36	73	P	8	World Masters Indoor Champ.	Kamloops, BC	1-Mar-10
149 *	9.36	Vogelgesang, Max	CAL	97	13	F	4	Jack Simpson Open	Calgary, AB	23-Jan-10
149 *	9.36	Bester, Brent	CAL	95	15	P	31	Golden Bear Open	Edmonton, AB	15-Jan-10
151 *	9.37	Burger, Aidan	STA	97	13	F	13	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
151 *	9.37	Thuna, Sean	CAL	97	13	F	12	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
153 *	9.41	Meister, Ben	CAL	98	12	F	1	Jack Simpson Open	Calgary, AB	23-Jan-10
153 *	9.41	Meister, Patrick	CAL	97	13	F	8	Alberta Indoor Games	Edmonton, AB	13-Feb-10
153 *	9.41	Jolicoeur, Simon-Daniel	CS	94	16	F	18	Jack Simpson Open	Calgary, AB	23-Jan-10
156	9.53	Pop, Luca	COTC	98	12	F	18	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
157 *	9.55	Budgen, Alex	PAS	96	14	F	6	Jack Simpson Open	Calgary, AB	23-Jan-10
158	9.57	Waselenchuk, Quinn	STA	98	12	F	19	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
159	9.58	Moyah, Ryley	CNCS	95	15	P	27	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
160 *	9.71	Wessner, Lucas	RED	98	12	F	21	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
160 *	9.71	Setter, Dustin	LED	95	12	F	20	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
162	9.73	Ward, Calum	LED	97	13	F	12	Alberta Indoor Games	Edmonton, AB	13-Feb-10
163	9.73	Gustafson, Matthew	RED	98	12	F	20	Alberta Indoor Games	Edmonton, AB	13-Feb-10
164	9.75	Schuh, Joshua	PAS	97	13	F	9	Golden Bear Open	Edmonton, AB	15-Jan-10
165	9.90	Godziuk, Gregory	LYJ	97	13	F	24	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
166	10.00	Hebert, Garrett	STA	98	12	F	25	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
167	10.16	Smeeton, Ryan	CW	98	12	F	5	Dino Classic	Calgary, AB	9-Jan-10
168	10.26	Bhatla, Michael	CAL	97	13	F	9	Dino Classic	Calgary, AB	9-Jan-10
169	10.61	Saddleback, Ashton	CNCS	98	12	F	17	Alberta Indoor Games	Edmonton, AB	13-Feb-10
170	10.82	Daniels, Jamal	CNCS	98	12	F	26	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
171	11.14	Monias, Daniel	CNCS	97	13	F	28	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
172	11.53	Stanley, Quentin	CNCS	97	13	F	21	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
173	11.58	Stanley, Leroy	CNCS	97	13	F	29	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
174	11.60	Willier, Gerald	CNCS	98	12	F	19	Alberta Indoor Games	Edmonton, AB	13-Feb-10

## 2010 Indoor Rankings

## Men 150m Sprint

1	19.71	Harriott, Tyree	EOC	97	13	F	1	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
2	20.74	Huo, Jeremiah	RED	97	13	F	2	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
3	21.26	Posyluzny, Brayden	RED	97	13	F	4	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
4	21.37	Reid, Jacob	COTC	97	13	F	1	Dino Classic	Calgary, AB	9-Jan-10
5	21.43	Collin, Lewis	EOC	98	12	F	5	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
6	21.57	Westaway, Callum	CS	97	13	F	6	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
7	22.03	Cucz, Nicholas	STA	97	13	F	8	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
8	22.21	Hoskins, Tyson	CS	98	12	F	1	Dino Classic	Calgary, AB	9-Jan-10
9	22.56	Lutz, Eric	RED	98	12	F	11	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
10	23.23	Burger, Aidan	STA	97	13	F	12	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
11	23.30	Vogelgesang, Max	CAL	97	13	F	4	Dino Classic	Calgary, AB	9-Jan-10
12	23.75	Meister, Patrick	CAL	97	13	F	15	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
13	23.82	Waselenchuk, Quinn	STA	98	12	F	16	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
14	24.04	Ward, Calum	LED	97	13	F	5	Dino Classic	Calgary, AB	9-Jan-10
15	24.10	Pop, Luca	COTC	98	12	F	19	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
16	24.33	Setter, Dustin	LED	95	12	F	21	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
17	24.41	Wessner, Lucas	RED	98	12	F	22	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
18	24.57	Thuna, Sean	CAL	97	13	F	6	Dino Classic	Calgary, AB	9-Jan-10
19	24.72	Meister, Ben	CAL	98	12	F	26	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
20	25.10	Smeeton, Ryan	CW	98	12	F	4	Dino Classic	Calgary, AB	9-Jan-10
21	25.14	Godziuk, Gregory	LYJ	97	13	F	27	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
22	25.18	Hebert, Garrett	STA	98	12	F	28	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
23	26.77	Monias, Daniel	CNCS	97	13	F	29	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
24	26.79	Bhatla, Michael	CAL	97	13	F	7	Dino Classic	Calgary, AB	9-Jan-10

## 2010 Indoor Rankings

## Men 200m Sprint

1	22.76	King-McKenzie, Michael	EH	94	16	F	1	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
2	23.01	Francois, Andre	EH	64	45	F	1	World Masters Indoor Champ.	Kamloops, BC	1-Mar-10
3	23.09	King, Garrett	EOC	93	17	F	2	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
4	23.11	Hastings, Alex	EOC	90	20	F	1	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
5	23.26	Ritchie, Nicholas	ESA	86	24	F	2	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
6	23.28	Schadeck, Adrien	PCTF	91	19	F	1	Golden Bear Open	Edmonton, AB	15-Jan-10
7	23.36	Clark, Adam	UCAC	90	20	P	3	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
8	23.37	Popkes, Dillon	CAL	91	19	P	5	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
9	23.39	McKay, Ryan	CAL	93	17	F	3	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
10	23.45	Lem, Sean	PRE	91	19	P	4	Golden Bear Open	Edmonton, AB	15-Jan-10
11	23.73	Clark, Steven	CAL	91	19	F	2	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
12	23.77	Roesch, Evan	EH	92	18	F	3	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
13	23.78	Hayes, Clayton	CAP	88	22	F	4	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
14	23.86	Harriott, Ian	EOC	95	15	F	1	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
15	23.92	Bridgeman, Don	LTH	93	17	P	4	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
16	24.00	Wilkes, Ryan	UN-AB	91	19	P	2	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
17	24.02	Ohrt, Shane	EH	93	17	F	5	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
18	24.04	Minton, Corey	CW	91	19	F	6	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
19	24.06	Ajugo, Benjamin	ESA	92	18	F	7	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
20	24.07	Kong, Tim	ERTF	95	16	P	5	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
21	24.10	Van Bakel, Jim	MAS	74	35	P	2	World Masters Indoor Champ.	Kamloops, BC	1-Mar-10
22	24.14	Meng, Zhayate	MAC	94	16	P	6	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
23	24.19	Uffelman, Chase	CS	92	18	F	8	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
24	24.23	Hartling, Dylan	EH	94	16	P	7	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
25	24.30	Izat, Josh	UCAC	92	18	P	9	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
26	24.35	Rosery, Arden	EOC	95	15	F	2	Golden Bear Open	Edmonton, AB	15-Jan-10
27	24.45	Meek, Mackenzie	CW	94	16	P	11	Golden Bear Open	Edmonton, AB	15-Jan-10
28	24.56	Emslie, Warren	PCTF	91	19	P	11	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
29	24.57	Smith, Tyler	LED	94	16	P	10	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
30	24.65	Sierko, Kristopher	EH	93	17	P	12	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
31	24.70	Murphy, Kevin	UCAC	93	17	P	13	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
32	24.75	Hansen, Branden	LED	93	17	P	5	Golden Bear Open	Edmonton, AB	15-Jan-10
33	24.86	Smith, Jahmel	CITC	93	17	P	15	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
34	24.99	Reckord, Matthew	CW	95	15	F	2	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
35	25.00	Williams, Scott	EOC	95	19	P	12	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
36 *	25.10	Kunysz, Matthew	COTC	93	17	P	13	Golden Bear Open	Edmonton, AB	15-Jan-10
36 *	25.10	Marcellus, Kieryn	ET	92	18	P	13	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
38	25.12	Marcellus, Kieryn	ET	92	18	P	12	Golden Bear Open	Edmonton, AB	15-Jan-10
39	25.13	Whitehead, Darius	LTH	93	17	P	16	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
40	25.16	Kasamba, Gervais	ESA	93	17	P	17	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
41	25.19	Coy, Jesaiah	COTC	93	17	P	10	Golden Bear Open	Edmonton, AB	15-Jan-10
42	25.23	Sandford, Conor	UN-AB	92	18	P	14	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
43	25.29	Penner, Kcoal	SCS	92	18	P	13	Golden Bear Open	Edmonton, AB	15-Jan-10
44 *	25.37	Squire, Zachary	EOC	96	14	F	3	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
44 *	25.37	Peynado, Doron	EOC	84	26	P	7	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
46	25.41	Cusveller, Ryan	LED	92	18	P	16	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
47	25.52	Posyluzny, Darren	RED	68	41	P	11	World Masters Indoor Champ.	Kamloops, BC	1-Mar-10
48	25.56	Feltan, Brent	EH	94	16	P	14	Golden Bear Open	Edmonton, AB	15-Jan-10
49 *	25.57	Jones, Chris	PRE	73	36	P	10	World Masters Indoor Champ.	Kamloops, BC	1-Mar-10
49 *	25.57	Brideson, Matthew	CW	94	16	P	15	Golden Bear Open	Edmonton, AB	15-Jan-10
51	25.69	Patterson, Doug	CW	92	18	P	17	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
52	25.77	Clements, Bryce	CAL	94	16	P	20	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
53	25.86	Henriquez, Fernando	EH	94	16	P	21	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
54	25.87	Black, Murray	MAS	59	50	S	8	World Masters Indoor Champ.	Kamloops, BC	1-Mar-10
55	25.90	Dragicevic, Nikola	CW	94	16	P	22	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
56	25.91	Pho, Calvin	EH	93	17	P	23	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
57	25.92	Sheremeta, Andrew	CAP	93	17	P	24	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
58	25.93	Zimmer, Jake	CS	95	15	P	8	Golden Bear Open	Edmonton, AB	15-Jan-10
59	25.94	Kilson, Kwesi	LED	95	15	P	5	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
60	25.99	Buettner, Nicholas	CAL	95	15	F	4	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
61 *	26.00	Laramée, Eric	NEAT	94	16	P	17	Golden Bear Open	Edmonton, AB	15-Jan-10
61 *	26.00	Wigg, Michael	UCAC	95	18	P	19	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
63 *	26.13	MacKay, Scott	CW	96	14	P	9	Golden Bear Open	Edmonton, AB	15-Jan-10
63 *	26.13	Nordmark, Daelin	CW	95	15	P	6	Golden Bear Open	Edmonton, AB	15-Jan-10
65 *	26.15	Biedermann, Rhykel	CAL	94	16	P	25	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
65 *	26.15	Harris, Brian	CS	70	40	F	2	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
67	26.25	Huber, Nicholas	EOC	96	14	P	10	Golden Bear Open	Edmonton, AB	15-Jan-10

## 2010 Indoor Rankings

68	26.27	Bettac, Sean	RED	94	16	P	26	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	
69	26.28	Parks, Corey	EOC	96	14	F	6	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	
70	26.31	Cahoon, Patrick	CW	94	16	P	27	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	
71	26.41	Boudreau, Paul	CAL	94	16	P	18	Golden Bear Open	Edmonton, AB	15-Jan-10	
72	26.42	Trapp, Robert	MAS	61	49	F	3	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	
73	26.51	St. Amant, Paul	LYJ	63	47	F	3	Golden Bear Open	Edmonton, AB	15-Jan-10	
74	26.54	Braden, Andrew	RED	95	15	F	7	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	
75	26.96	Hansen, Jordan	LED	96	14	F	9	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	
76	*	27.14	Cox, Nigel	CS	91	19	P	21	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
76	*	27.14	Smeeton, Eric	CW	96	14	P	11	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
78	27.57	Welsh, Kevin	PCTF	95	15	P	13	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	
79	27.59	Hudson, Jeff	CW	96	14	P	14	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	
80	27.89	Yuen, Casey	CAL	94	16	P	30	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	
81	27.95	Hoskins, Jordan	CS	96	14	P	15	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	
82	28.01	Meyers, Darcy	CS	62	48	P	8	World Masters Indoor Champ.	Kamloops, BC	1-Mar-10	
83	28.10	Brignall, Nathan	UN-AB	86	24	P	9	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	
84	28.26	Fisher, Erik	RED	94	16	P	22	Golden Bear Open	Edmonton, AB	15-Jan-10	
85	28.53	Salmon, Trevor	UN-AB	61	48	P	14	World Masters Indoor Champ.	Kamloops, BC	1-Mar-10	
86	28.54	Caouette, Henry	CS	95	15	P	22	Golden Bear Open	Edmonton, AB	15-Jan-10	
87	28.78	Mintz, Bruce	MAS	46	63	F	5	World Masters Indoor Champ.	Kamloops, BC	1-Mar-10	
88	29.06	Kunysz, Waldemar	COTC	58	52	F	2	Golden Bear Open	Edmonton, AB	15-Jan-10	
89	30.03	Springer, Matthew	CAL	95	15	P	22	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	
90	30.04	Cook, James	EH	95	15	P	25	Golden Bear Open	Edmonton, AB	15-Jan-10	
91	*	30.65	Mason, Nakoda	PAS	96	14	P	27	Golden Bear Open	Edmonton, AB	15-Jan-10
91	*	30.65	Boutin, Josep	CW	96	14	P	24	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
93	31.01	Stephen, Brent	CAL	96	14	P	25	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	
94	31.34	Meister, Charlie	CAL	95	15	P	26	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	
95	32.15	Dunn, Dave	MAS	36	73	P	7	World Masters Indoor Champ.	Kamloops, BC	1-Mar-10	
96	33.26	Budgen, Alex	PAS	96	14	P	29	Golden Bear Open	Edmonton, AB	15-Jan-10	

## 2010 Indoor Rankings

## Men 300m Sprint

1	33.30	Effah, Sam	UCAC	88	22	F	1	Bison Classic	Winnipeg, MB	6-Feb-10
2	35.14	Kimick, Evan	CS	89	21	F	6	Bison Classic	Winnipeg, MB	6-Feb-10
3	* 35.51	Joseph, Nigel	CITC	86	24	F	2	Golden Bear Open	Edmonton, AB	15-Jan-10
3	* 35.51	Saizew, Mike	CAL	87	23	F	1	Dino Classic	Calgary, AB	9-Jan-10
5	35.55	Ratzlaff, Trent	CAL	86	24	F	1	Jack Simpson Open	Calgary, AB	23-Jan-10
6	35.62	Rolle, Thomas	UAAC	81	29	F	4	Golden Bear Open	Edmonton, AB	15-Jan-10
7	35.93	Mayer, Bastian	UCAC	90	20	F	14	Bison Classic	Winnipeg, MB	6-Feb-10
8	36.31	Schadeck, Adrien	PCTF	91	19	P	1	Alberta Indoor Games	Edmonton, AB	13-Feb-10
9	36.39	Bury-Jones, Stewart	UCAC	89	21	F	18	Bison Classic	Winnipeg, MB	6-Feb-10
10	36.50	King-McKenzie, Michael	EH	94	16	F	2	Snow Fling	Edmonton, AB	10-Jan-10
11	36.53	King, Garrett	EOC	93	17	F	3	Snow Fling	Edmonton, AB	10-Jan-10
12	36.61	Krolikowski, MACIEK	UCAC	91	19	F	4	Dino Classic	Calgary, AB	9-Jan-10
13	36.68	Ritchie, Nicholas	ESA	86	24	F	6	Golden Bear Open	Edmonton, AB	15-Jan-10
14	36.79	Wilkes, Ryan	UN-AB	91	19	F	5	Snow Fling	Edmonton, AB	10-Jan-10
15	36.84	Lem, Sean	PRE	91	19	F	3	Jack Simpson Open	Calgary, AB	23-Jan-10
16	36.98	Hayes, Clayton	CAP	88	22	F	3	Alberta Indoor Games	Edmonton, AB	13-Feb-10
17	37.20	Johnston, Trent	UCAC	90	20	F	4	Kinsmen Indoor Games	Regina, SK	12-Feb-10
18	37.26	Roesch, Evan	EH	92	18	F	4	Alberta Indoor Games	Edmonton, AB	13-Feb-10
19	37.41	Kong, Tim	ERTF	95	16	F	26	Bison Classic	Winnipeg, MB	6-Feb-10
20	37.43	Rynn, Isaac	CAL	89	21	F	7	Jack Simpson Open	Calgary, AB	23-Jan-10
21	37.49	Breski, Josh	UCAC	91	19	F	17	Sled Dog	Saskatoon, SK	29-Jan-10
22	37.57	Clark, Steven	CAL	91	19	F	8	Jack Simpson Open	Calgary, AB	23-Jan-10
23	37.60	Roberts, Chris	CAP	94	16	F	1	Alberta Indoor Games	Edmonton, AB	13-Feb-10
24	37.89	Hansen, Branden	LED	93	17	F	2	Alberta Indoor Games	Edmonton, AB	13-Feb-10
25	38.09	Ratzlaff, Scott	CAL	90	20	F	23	Sled Dog	Saskatoon, SK	29-Jan-10
26	* 38.21	Uffelman, Chase	CS	92	18	F	9	Jack Simpson Open	Calgary, AB	23-Jan-10
26	* 38.21	Ebrado, Elizar	ERTF	88	22	F	33	Bison Classic	Winnipeg, MB	6-Feb-10
28	38.34	Coy, Jesaiah	COTC	93	17	P	4	Alberta Indoor Games	Edmonton, AB	13-Feb-10
29	38.43	Minton, Corey	CW	91	19	F	10	Jack Simpson Open	Calgary, AB	23-Jan-10
30	38.68	Smith, Tyler	LED	94	16	P	5	Alberta Indoor Games	Edmonton, AB	13-Feb-10
31	38.90	McKay, Ryan	CAL	93	17	F	12	Jack Simpson Open	Calgary, AB	23-Jan-10
32	38.93	Rosery, Arden	EOC	95	15	F	1	Golden Bear Open	Edmonton, AB	15-Jan-10
33	39.05	Hartling, Dylan	EH	94	16	P	6	Alberta Indoor Games	Edmonton, AB	13-Feb-10
34	39.16	Reckord, Matthew	CW	95	15	F	1	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
35	39.29	Penner, Kcoal	SCS	92	18	P	8	Alberta Indoor Games	Edmonton, AB	13-Feb-10
36	39.31	Sands, Paul	CW	94	16	F	13	Jack Simpson Open	Calgary, AB	23-Jan-10
37	39.34	Meek, Mackenzie	CW	94	16	F	14	Jack Simpson Open	Calgary, AB	23-Jan-10
38	39.38	Brideson, Matthew	CW	94	16	F	15	Jack Simpson Open	Calgary, AB	23-Jan-10
39	39.63	Patterson, Doug	CW	92	18	F	16	Jack Simpson Open	Calgary, AB	23-Jan-10
40	39.69	Harriott, Ian	EOC	95	15	F	1	Snow Fling	Edmonton, AB	10-Jan-10
41	39.73	Kunysz, Matthew	COTC	93	17	F	13	Dino Classic	Calgary, AB	9-Jan-10
42	39.74	Mayfield, Anthony	UN-AB	92	18	P	9	Alberta Indoor Games	Edmonton, AB	13-Feb-10
43	39.75	Van Bakel, Jim	MAS	74	36	F	1	Alberta Indoor Games	Edmonton, AB	13-Feb-10
44	39.76	Dragicevic, Nikola	CW	94	16	F	17	Jack Simpson Open	Calgary, AB	23-Jan-10
45	39.81	Squire, Zachary	EOC	96	14	F	2	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
46	39.90	Desautels, Kristiane	CITC	94	16	F	18	Jack Simpson Open	Calgary, AB	23-Jan-10
47	39.95	Bymoan, Alex	CAL	94	16	F	19	Jack Simpson Open	Calgary, AB	23-Jan-10
48	40.02	Peynado, Doron	EOC	84	26	P	10	Alberta Indoor Games	Edmonton, AB	13-Feb-10
49	40.04	Feltan, Brent	EH	94	16	F	19	Snow Fling	Edmonton, AB	10-Jan-10
50	40.13	Manery, Adam	LTH	92	18	F	17	Dino Classic	Calgary, AB	9-Jan-10
51	40.25	Clements, Bryce	CAL	94	16	P	7	Alberta Indoor Games	Edmonton, AB	13-Feb-10
52	40.26	Laramée, Eric	NEAT	94	16	P	8	Alberta Indoor Games	Edmonton, AB	13-Feb-10
53	40.45	Nordmark, Daelin	CW	95	15	F	3	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
54	40.48	Latta, Andrew	ET	95	15	F	4	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
55	40.50	Posyluzny, Darren	RED	68	42	F	2	Alberta Indoor Games	Edmonton, AB	13-Feb-10
56	40.55	Melling, Jeff	CAL	94	16	F	20	Dino Classic	Calgary, AB	9-Jan-10
57	40.67	MacKay, Scott	CW	96	14	F	5	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
58	40.72	Dragicevic, Daniel	CW	94	16	F	21	Dino Classic	Calgary, AB	9-Jan-10
59	40.77	Williams, Scott	EOC	95	19	P	11	Alberta Indoor Games	Edmonton, AB	13-Feb-10
60	41.17	Whitehead, Darius	LTH	93	17	F	23	Dino Classic	Calgary, AB	9-Jan-10
61	41.34	Zimmer, Jake	CS	95	15	F	3	Dino Classic	Calgary, AB	9-Jan-10
62	41.38	Cusveller, Ryan	LED	92	18	P	13	Alberta Indoor Games	Edmonton, AB	13-Feb-10
63	41.40	Parks, Corey	EOC	96	14	F	6	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
64	41.61	Cakmak, Timurlane	LED	95	15	F	7	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
65	41.78	Harris, Brian	CS	70	40	P	4	Alberta Indoor Games	Edmonton, AB	13-Feb-10
66	41.79	Boudreau, Paul	CAL	94	16	F	25	Dino Classic	Calgary, AB	9-Jan-10
67	41.86	St. Amant, Paul	LYJ	63	47	F	3	Alberta Indoor Games	Edmonton, AB	13-Feb-10

## 2010 Indoor Rankings

68	41.99	Buettner, Nicholas	CAL	95	15	F	8	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
69	42.18	Bettac, Sean	RED	94	16	F	27	Dino Classic	Calgary, AB	9-Jan-10
70	42.54	Hansen, Jordan	LED	96	14	P	1	Alberta Indoor Games	Edmonton, AB	13-Feb-10
71	42.58	Huber, Nicholas	EOC	96	14	P	4	Alberta Indoor Games	Edmonton, AB	13-Feb-10
72	43.17	Smeeton, Eric	CW	96	14	F	9	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
73	43.28	Biddulph, Adam	LED	94	16	F	28	Dino Classic	Calgary, AB	9-Jan-10
74	43.31	Trapp, Robert	MAS	61	49	P	6	Alberta Indoor Games	Edmonton, AB	13-Feb-10
75	43.48	Kellner, Thomas	CAL	94	16	F	29	Dino Classic	Calgary, AB	9-Jan-10
76	43.63	Welsh, Kevin	PCTF	95	15	F	11	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
77 *	43.75	Yee, Daniel	CAL	94	16	F	22	Jack Simpson Open	Calgary, AB	23-Jan-10
77 *	43.75	Hudson, Jeff	CW	96	14	F	2	Jack Simpson Open	Calgary, AB	23-Jan-10
79	44.49	Nickel, Aidan	CAL	95	15	F	5	Dino Classic	Calgary, AB	9-Jan-10
80	44.66	Meyers, Darcy	CS	62	48	F	7	Alberta Indoor Games	Edmonton, AB	13-Feb-10
81	44.68	Garber, Jacob	EH	95	15	F	4	Alberta Indoor Games	Edmonton, AB	13-Feb-10
82	45.03	Yuen, Casey	CAL	94	16	P	15	Alberta Indoor Games	Edmonton, AB	13-Feb-10
83	45.10	Hoskins, Jordan	CS	96	14	F	4	Jack Simpson Open	Calgary, AB	23-Jan-10
84	45.14	Olguin, Cuauhti	CAL	95	15	F	12	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
85	45.21	Williamson, Brendan	COTC	95	15	F	6	Dino Classic	Calgary, AB	9-Jan-10
86	45.41	Lawrence, Alex	NEAT	92	18	P	14	Alberta Indoor Games	Edmonton, AB	13-Feb-10
87	45.89	Caouette, Henry	CS	95	15	F	8	Dino Classic	Calgary, AB	9-Jan-10
88	46.10	Mintz, Bruce	MAS	46	64	P	8	Alberta Indoor Games	Edmonton, AB	13-Feb-10
89	46.30	Springer, Matthew	CAL	95	15	F	13	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
90	46.47	Reid, Jacob	COTC	97	13	F	5	Jack Simpson Open	Calgary, AB	23-Jan-10
91	46.87	Kunysz, Waldemar	COTC	58	52	P	9	Alberta Indoor Games	Edmonton, AB	13-Feb-10
92	47.22	Fisher, Erik	RED	94	16	F	30	Dino Classic	Calgary, AB	9-Jan-10
93	47.85	Bester, Brent	CAL	95	15	F	14	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
94	48.09	Mageau, Zackary	LED	96	14	P	7	Alberta Indoor Games	Edmonton, AB	13-Feb-10
95	48.93	Stevens, Connor	CAL	96	14	F	5	Dino Classic	Calgary, AB	9-Jan-10
96	49.28	Boutin, Josep	CW	96	14	F	6	Dino Classic	Calgary, AB	9-Jan-10
97	49.88	Biddulph, Tyler	LED	96	14	F	7	Dino Classic	Calgary, AB	9-Jan-10
98	50.08	Raitz, Stephen	LED	96	14	F	7	Jack Simpson Open	Calgary, AB	23-Jan-10
99	50.98	Budgen, Alex	PAS	96	14	F	8	Jack Simpson Open	Calgary, AB	23-Jan-10
100	51.12	McCann, Liam	CAC	92	18	F	31	Dino Classic	Calgary, AB	9-Jan-10
101	51.40	Meister, Charlie	CAL	95	15	F	7	Jack Simpson Open	Calgary, AB	23-Jan-10
102	52.65	Stephen, Brent	CAL	96	14	F	9	Dino Classic	Calgary, AB	9-Jan-10
103	53.63	Bowerin, Cameron	MED	96	14	F	9	Jack Simpson Open	Calgary, AB	23-Jan-10

## 2010 Indoor Rankings

## Men 400m Sprint

1	49.20	Joseph, Nigel	CITC	86	24	F	7	New Mexico Classic	Albuquerque, NM	6-Feb-10
2	50.84	King, Garrett	EOC	93	17	F	9	Simplot Games	Pocatello, ID	18-Feb-10
3	* 51.75	Prajea, Mihai	CW	91	19	F	1	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
3	* 51.75	Smith, Tyler	LED	94	16	P	12	Simplot Games	Pocatello, ID	18-Feb-10
5	52.07	Hansen, Branden	LED	93	17	P	21	Simplot Games	Pocatello, ID	18-Feb-10
6	52.08	Schadeck, Adrien	PCTF	91	19	F	1	Golden Bear Open	Edmonton, AB	15-Jan-10
7	52.32	Ritchie, Nicholas	ESA	86	24	F	2	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
8	52.53	Ajugo, Benjamin	ESA	92	18	F	3	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
9	52.79	Thomas, Darryl	ESA	90	20	F	3	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
10	52.81	Tasker, Ryan	UCAC	91	19	F	5	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
11	52.83	Hayes, Clayton	CAP	88	22	F	4	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
12	52.95	Steward, Jason	EH	90	20	F	4	Golden Bear Open	Edmonton, AB	15-Jan-10
13	53.32	Bridgeman, Don	LTH	93	17	F	3	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
14	53.37	Ward, Adam	LED	91	19	F	7	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
15	53.41	Coy, Jesaiah	COTC	93	17	F	5	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
16	53.59	Clark, Steven	CAL	91	19	F	6	Golden Bear Open	Edmonton, AB	15-Jan-10
17	53.78	Rynn, Isaac	CAL	89	21	F	6	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
18	54.14	Van Bakel, Jim	MAS	74	35	F	5	World Masters Indoor Champ.	Kamloops, BC	1-Mar-10
19	54.20	Weicker, Aaron	STA	92	18	F	9	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
20	54.37	Sierko, Kristopher	EH	93	17	F	7	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
21	54.46	Ilkiw, Kristofor	EH	93	17	F	8	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
22	55.10	Dragicevic, Nikola	CW	94	16	F	9	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
23	55.83	Kunysz, Matthew	COTC	93	17	F	8	Golden Bear Open	Edmonton, AB	15-Jan-10
24	56.03	Fong, Brandon	CAL	93	17	F	10	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
25	56.04	Manery, Adam	LTH	92	18	F	7	Golden Bear Open	Edmonton, AB	15-Jan-10
26	56.09	Brideson, Matthew	CW	94	16	F	10	Golden Bear Open	Edmonton, AB	15-Jan-10
27	56.15	Patterson, Doug	CW	92	18	F	10	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
28	56.20	Clements, Bryce	CAL	94	16	F	11	Golden Bear Open	Edmonton, AB	15-Jan-10
29	56.24	Dragicevic, Daniel	CW	94	16	F	13	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
30	56.33	Penner, Kcoal	SCS	92	18	F	8	Golden Bear Open	Edmonton, AB	15-Jan-10
31	56.37	Hastings, Kendon	LTH	91	19	F	11	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
32	56.39	Sandford, Conor	UN-AB	92	18	F	12	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
33	56.49	Cusveller, Ryan	LED	92	18	F	13	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
34	57.06	Peynado, Doron	EOC	84	26	F	10	Golden Bear Open	Edmonton, AB	15-Jan-10
35	57.18	Muldrew, Shawn	ET	65	45	F	9	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
36	57.26	Chell, Gerald	CNCS	91	19	F	12	Golden Bear Open	Edmonton, AB	15-Jan-10
37	57.29	Melling, Jeff	CAL	94	16	F	15	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
38	57.68	Laramée, Eric	NEAT	94	16	F	16	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
39	57.77	Srey, Steventer	CAC	93	17	F	17	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
40	58.23	Cahoon, Patrick	CW	94	16	F	18	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
41	58.40	Kurhinen, Torin	LTH	92	18	P	92	Simplot Games	Pocatello, ID	18-Feb-10
42	59.07	Sadler, Liam	ET	94	16	F	19	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
43	59.28	Paul, Evan	PCTF	91	19	F	13	Golden Bear Open	Edmonton, AB	15-Jan-10
44	59.41	Jones, Chris	PRE	73	36	P	10	World Masters Indoor Champ.	Kamloops, BC	1-Mar-10
45	1:00.12	Temple-Smith, Drew	CAL	94	16	F	17	Golden Bear Open	Edmonton, AB	15-Jan-10
46	1:01.79	Trapp, Robert	MAS	61	48	P	8	World Masters Indoor Champ.	Kamloops, BC	1-Mar-10
47	1:02.52	Lawrence, Alex	NEAT	92	18	P	110	Simplot Games	Pocatello, ID	18-Feb-10
48	1:03.45	Dunlop, Benjamin	COTC	94	16	F	19	Golden Bear Open	Edmonton, AB	15-Jan-10
49	1:03.48	Brignall, Nathan	UN-AB	86	24	F	17	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
50	1:04.50	Quinney, Jarret	CNCS	93	17	F	20	Golden Bear Open	Edmonton, AB	15-Jan-10
51	1:04.89	Mintz, Bruce	MAS	46	63	P	4	World Masters Indoor Champ.	Kamloops, BC	1-Mar-10
52	1:12.74	Dunn, Dave	MAS	36	73	F	2	World Masters Indoor Champ.	Kamloops, BC	1-Mar-10

## 2010 Indoor Rankings

## Men 600m Run

1	1:19.66	Saizew, Mike	CAL	87	23	F	2	CIS Indoor Championships	Windsor, ON	11-Mar-10
2	1:20.19	Ratzlaff, Trent	CAL	86	24	F	4	Bison Classic	Winnipeg, MB	6-Feb-10
3	1:22.23	Kimick, Evan	CS	89	21	F	2	Golden Bear Open	Edmonton, AB	15-Jan-10
4	1:23.15	Peterson, Cole	EH	93	17	F	4	Golden Bear Open	Edmonton, AB	15-Jan-10
5	1:23.89	Ratzlaff, Scott	CAL	90	20	F	8	Bison Classic	Winnipeg, MB	6-Feb-10
6	1:24.64	Dib, Abdelkader	CAL	89	21	F	2	Jack Simpson Open	Calgary, AB	23-Jan-10
7	1:25.21	Ward, Adam	LED	91	19	F	13	Canada West Championships	Edmonton, AB	26-Feb-10
8	1:26.82	Coy, Jesaiah	COTC	93	17	F	3	Jack Simpson Open	Calgary, AB	23-Jan-10
9	1:26.87	Weicker, Aaron	STA	92	18	F	6	Alberta Indoor Games	Edmonton, AB	13-Feb-10
10	1:27.10	Muldrew, Shawn	ET	65	45	F	7	Alberta Indoor Games	Edmonton, AB	13-Feb-10
11	1:27.38	King, Garrett	EOC	93	17	F	1	Alberta Indoor Games	Edmonton, AB	13-Feb-10
12	1:28.56	Smith, Tyler	LED	94	16	F	3	Alberta Indoor Games	Edmonton, AB	13-Feb-10
13	1:28.62	Hadfield, Gareth	CAL	92	18	F	5	Jack Simpson Open	Calgary, AB	23-Jan-10
14	1:28.73	Ilkiw, Kristofor	EH	93	17	F	4	Alberta Indoor Games	Edmonton, AB	13-Feb-10
15	1:28.91	Hansen, Branden	LED	93	17	F	5	Alberta Indoor Games	Edmonton, AB	13-Feb-10
16	1:30.19	Krolikowski, MACIEK	UCAC	91	19	F	6	Jack Simpson Open	Calgary, AB	23-Jan-10
17	1:30.68	Mayer, Bastian	UCAC	90	20	F	7	Jack Simpson Open	Calgary, AB	23-Jan-10
18	1:31.92	Mayfield, Anthony	UN-AB	92	18	F	9	Alberta Indoor Games	Edmonton, AB	13-Feb-10
19	1:32.18	Roberts, Chris	CAP	94	16	F	7	Alberta Indoor Games	Edmonton, AB	13-Feb-10
20	1:33.89	Galea, Matthew	CW	93	17	F	3	Sled Dog	Saskatoon, SK	29-Jan-10
21	1:34.15	Kunysz, Matthew	COTC	93	17	F	8	Alberta Indoor Games	Edmonton, AB	13-Feb-10
22	1:34.25	Dragicevic, Daniel	CW	94	16	F	8	Jack Simpson Open	Calgary, AB	23-Jan-10
23	1:34.65	Cakmak, Timurlane	LED	95	15	F	1	Alberta Indoor Games	Edmonton, AB	13-Feb-10
24	1:36.09	Young, Michael	CAL	88	22	F	9	Jack Simpson Open	Calgary, AB	23-Jan-10
25	1:39.05	Biddulph, Adam	LED	94	16	F	10	Jack Simpson Open	Calgary, AB	23-Jan-10
26	1:43.07	Westaway, Callum	CS	97	13	F	1	Jack Simpson Open	Calgary, AB	23-Jan-10
27	1:43.09	Nickel, Aidan	CAL	95	15	F	2	Jack Simpson Open	Calgary, AB	23-Jan-10
28	1:43.30	Reid, Jacob	COTC	97	13	F	2	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
29	1:43.87	Russell, Cliff	ET	53	57	F	1	Alberta Indoor Games	Edmonton, AB	13-Feb-10
30	1:47.93	Secker, Michael	ET	51	59	F	2	Alberta Indoor Games	Edmonton, AB	13-Feb-10
31	1:49.84	Lutz, Eric	RED	98	12	F	3	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
32	1:50.73	Mageau, Zackary	LED	96	14	F	4	Alberta Indoor Games	Edmonton, AB	13-Feb-10
33	1:53.06	Harriott, Tyree	EOC	97	13	F	4	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
34	1:53.20	Huo, Jeremiah	RED	97	13	F	3	Alberta Indoor Games	Edmonton, AB	13-Feb-10
35	1:53.34	Vogelgesang, Max	CAL	97	13	F	2	Jack Simpson Open	Calgary, AB	23-Jan-10
36	1:53.40	Hoskins, Tyson	CS	98	12	F	5	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
37	1:55.30	Collin, Lewis	EOC	98	12	F	8	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
38	1:55.61	Smeeton, Ryan	CW	98	12	F	9	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
39	1:55.99	Raitz, Stephen	LED	96	14	F	5	Alberta Indoor Games	Edmonton, AB	13-Feb-10
40	1:56.01	Setter, Dustin	LED	95	12	F	5	Alberta Indoor Games	Edmonton, AB	13-Feb-10
41	1:56.87	Pop, Luca	COTC	98	12	F	11	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
42	1:57.29	Johnstone, Connor	PAS	97	13	F	6	Alberta Indoor Games	Edmonton, AB	13-Feb-10
43	1:58.90	Posyluzny, Brayden	RED	97	13	F	12	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
44	2:00.43	Meister, Patrick	CAL	97	13	F	14	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
45	2:04.24	Wessner, Lucas	RED	98	12	F	8	Alberta Indoor Games	Edmonton, AB	13-Feb-10
46	2:04.59	Ward, Calum	LED	97	13	F	9	Alberta Indoor Games	Edmonton, AB	13-Feb-10
47	2:04.92	Meister, Ben	CAL	98	12	F	3	Jack Simpson Open	Calgary, AB	23-Jan-10
48	2:05.73	Cuciz, Nicholas	STA	97	13	F	10	Alberta Indoor Games	Edmonton, AB	13-Feb-10
49	2:07.50	Meister, Charlie	CAL	95	15	F	3	Jack Simpson Open	Calgary, AB	23-Jan-10
50	2:08.02	Thuna, Sean	CAL	97	13	F	17	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
51	2:10.80	Waselenchuk, Quinn	STA	98	12	F	20	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
52	2:11.27	Burger, Aidan	STA	97	13	F	21	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
53	2:13.47	Hebert, Garrett	STA	98	12	F	22	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
54	2:14.66	Monias, Daniel	CNCS	97	13	F	24	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
55	2:15.21	Godziuk, Gregory	LYJ	97	13	F	25	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
56	2:23.47	Saddleback, Ashton	CNCS	98	12	F	27	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
57	2:24.70	Daniels, Jamal	CNCS	98	12	F	28	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
58	2:35.44	Stanley, Leroy	CNCS	97	13	F	29	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
59	3:26.64	Willier, Gerald	CNCS	98	12	F	18	Alberta Indoor Games	Edmonton, AB	13-Feb-10

## 2010 Indoor Rankings

## Men 800m Run

1	1:53.37	Robertson, Karl	LED	91	19	F	7	UW Indoor Preview	Seattle, WA	16-Jan-10
2	1:54.85	Holm, David	CW	86	24	F	1	Bob Keck Invite	#N/A	5-Feb-10
3	1:57.08	Peterson, Cole	EH	93	17	F	1	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
4	1:58.22	Prajea, Mihai	CW	91	19	F	1	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
5	2:00.62	Bocksnick, Jackson	LTH	92	18	F	1	Golden Bear Open	Edmonton, AB	15-Jan-10
6	2:01.13	Ward, Adam	LED	91	19	F	2	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
7	2:01.82	Hacking, Donovan	LED	92	18	P	4	Simplot Games	Pocatello, ID	18-Feb-10
8	2:03.24	Smith, Tyler	LED	94	16	F	3	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
9	2:03.31	Ilkiw, Kristofor	EH	93	17	F	4	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
10	2:03.54	Coy, Jesaiah	COTC	93	17	F	13	Simplot Games	Pocatello, ID	18-Feb-10
11	2:03.76	Muldrew, Shawn	ET	65	45	F	3	Golden Bear Open	Edmonton, AB	15-Jan-10
12	2:03.87	Sandu, Hardeep	ET	81	29	F	3	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
13	2:05.10	Hansen, Branden	LED	93	17	F	6	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
14	2:05.69	Weicker, Aaron	STA	92	18	F	4	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
15	2:06.83	Maier, Carson	NEAT	92	18	P	24	Simplot Games	Pocatello, ID	18-Feb-10
16	2:07.62	Hurdle, Chris	LTH	93	17	F	7	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
17	2:08.34	Cakmak, Timurlane	LED	95	15	P	31	Simplot Games	Pocatello, ID	18-Feb-10
18	2:08.66	Basher, Mitchell	EH	95	15	F	1	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
19	2:08.91	Neal, Sam	CITC	93	17	F	8	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
20	2:08.97	Galea, Matthew	CW	93	17	F	9	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
21	2:09.05	Miller, Travis	MAC	93	17	F	10	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
22	2:09.17	Fong, Brandon	CAL	93	17	F	11	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
23	2:10.29	Fitzgibbon, Chris	CAL	94	16	F	13	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
24	2:10.43	Werner, Tom	MED	92	18	F	15	Kinsmen Indoor Games	Regina, SK	12-Feb-10
25	2:10.45	Dragicevic, Daniel	CW	94	16	F	14	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
26	* 2:11.27	Hundie, Phillippos	CS	94	16	F	15	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
27	* 2:11.27	Kunysz, Matthew	COTC	93	17	F	4	Golden Bear Open	Edmonton, AB	15-Jan-10
28	2:11.54	Quick, Michael	CS	95	15	F	3	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
29	2:12.73	Madsen, Will	MAC	94	16	F	17	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
30	2:12.85	Karakochuk, Mike	ESA	91	19	F	7	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
31	2:13.76	MacKay, Scott	CW	96	14	F	4	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
32	2:13.89	Hastings, Kendon	LTH	91	19	F	8	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
33	2:14.25	Melling, Jeff	CAL	94	16	F	18	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
34	2:15.55	Chell, Gerald	CNCS	91	19	F	5	Golden Bear Open	Edmonton, AB	15-Jan-10
35	2:15.60	Hilton, Trevor	CW	95	15	F	5	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
36	2:15.96	Foster, Sean	CAL	94	16	F	19	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
37	2:16.32	Wiley, Bryn	UCAC	94	16	F	20	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
38	2:16.49	Manery, Adam	LTH	92	18	F	6	Golden Bear Open	Edmonton, AB	15-Jan-10
39	2:17.13	Penner, Isaac	EH	96	14	F	6	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
40	2:17.30	Cahoon, Patrick	CW	94	16	F	21	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
41	2:17.39	McConnell, Graeme	UCAC	94	16	F	22	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
42	2:18.21	Sperling, Ben	STA	95	15	F	7	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
43	2:18.40	Earl-Nager, Kane	LTH	95	15	F	8	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
44	2:19.64	Marchi, Jay	RED	92	18	F	7	Golden Bear Open	Edmonton, AB	15-Jan-10
45	2:20.19	King, Kameron	MAC	93	17	F	23	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
46	2:20.49	Grant, Jamie	ARA	79	31	F	6	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
47	2:22.84	King, Maxwell	MAC	93	17	F	24	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
48	2:23.77	Winter, Robert	ET	94	16	F	25	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
49	2:25.35	Reid, Jacob	COTC	97	13	F	1	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
50	2:25.88	Holmes, Bob	ET	54	55	P	7	World Masters Indoor Champ.	Kamloops, BC	1-Mar-10
51	2:26.54	Epp, Adam	MAC	94	16	F	26	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
52	2:26.59	Westaway, Callum	CS	97	13	F	2	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
53	2:27.88	Dargie, Barrie	CRR	44	66	F	1	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
54	2:28.69	Payne, Stephen	CW	95	15	F	5	Golden Bear Open	Edmonton, AB	15-Jan-10
55	2:29.15	Ross, Graham	CW	96	14	F	10	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
56	2:31.91	Russell, Cliff	ET	53	57	F	10	Golden Bear Open	Edmonton, AB	15-Jan-10
57	2:36.19	Biddulph, Tyler	LED	96	14	F	12	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
58	2:36.65	Bester, Brent	CAL	95	15	F	8	Golden Bear Open	Edmonton, AB	15-Jan-10
59	2:39.07	Lutz, Eric	RED	98	12	F	5	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
60	2:41.60	Hoskins, Tyson	CS	98	12	F	2	Golden Bear Open	Edmonton, AB	15-Jan-10
61	2:41.73	Smeeton, Ryan	CW	98	12	F	6	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
62	2:44.14	Collin, Lewis	EOC	98	12	F	9	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
63	2:45.30	Harriott, Tyree	EOC	97	13	F	3	Golden Bear Open	Edmonton, AB	15-Jan-10
64	2:46.44	Schuh, Joshua	PAS	97	13	F	5	Golden Bear Open	Edmonton, AB	15-Jan-10
65	2:47.60	Huo, Jeremiah	RED	97	13	F	10	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
66	2:49.55	Meister, Patrick	CAL	97	13	F	11	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
67	2:50.49	Setter, Dustin	LED	95	12	F	12	Alberta Indoor Championships	Edmonton, AB	13-Mar-10

## 2010 Indoor Rankings

68	2:52.29	Ward, Calum	LED	97	13	F	14	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
69	2:52.82	Pop, Luca	COTC	98	12	F	15	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
70	2:53.88	Wessner, Lucas	RED	98	12	F	16	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
71	2:56.85	Milne, Peter	MAS	48	61	P	13	World Masters Indoor Champ.	Kamloops, BC	1-Mar-10
72	3:01.84	Suffield, Bruce	UN-AB	44	65	P	9	World Masters Indoor Champ.	Kamloops, BC	1-Mar-10
73	3:05.91	Monias, Daniel	CNCS	97	13	F	18	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
74	3:15.61	Hebert, Garrett	STA	98	12	F	19	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
75	3:16.36	Cucz, Nicholas	STA	97	13	F	20	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
76	3:16.82	Burger, Aidan	STA	97	13	F	21	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
77	3:17.78	Thuna, Sean	CAL	97	13	F	22	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
78	3:18.24	Daniels, Jamal	CNCS	98	12	F	23	Alberta Indoor Championships	Edmonton, AB	13-Mar-10

## 2010 Indoor Rankings

## Men 1000m Run

1	2:26.74	Nicol, Scott	UCAC	88	22	F	2	Bison Classic	Winnipeg, MB	6-Feb-10
2	2:30.32	Holm, David	CW	86	24	F	1	EIU Friday Night Special	Charleston, IL	19-Feb-10
3	2:31.32	Riker-Fox, Joshua	UCAC	83	27	F	6	Bison Classic	Winnipeg, MB	6-Feb-10
4	2:32.20	Elford, Adam	UCAC	88	22	F	7	Bison Classic	Winnipeg, MB	6-Feb-10
5	2:32.50	Dorosz, Sam	LTH	90	20	F	8	Bison Classic	Winnipeg, MB	6-Feb-10
6	2:32.68	Boland, Joseph	ET	78	32	F	2	Alberta Indoor Games	Edmonton, AB	13-Feb-10
7	2:32.71	Weikum, Jamie	ET	89	21	F	2	Golden Bear Open	Edmonton, AB	15-Jan-10
8	2:33.01	Saizew, Mike	CAL	87	23	F	1	Kinsmen Indoor Games	Regina, SK	12-Feb-10
9	2:34.12	Peterson, Cole	EH	93	17	F	1	Sled Dog	Saskatoon, SK	29-Jan-10
10	2:35.27	Dib, Abdelkader	CAL	89	21	F	3	Alberta Indoor Games	Edmonton, AB	13-Feb-10
11	2:35.49	Prajea, Mihai	CW	91	19	F	1	Dino Classic	Calgary, AB	9-Jan-10
12	2:38.77	Ward, Adam	LED	91	19	F	5	Alberta Indoor Games	Edmonton, AB	13-Feb-10
13	2:38.84	Muldrew, Shawn	ET	65	45	F	6	Alberta Indoor Games	Edmonton, AB	13-Feb-10
14	2:42.43	Bocksnick, Jackson	LTH	92	18	F	8	Dino Classic	Calgary, AB	9-Jan-10
15	2:42.56	Mangiel, Paul	CS	91	19	F	9	Dino Classic	Calgary, AB	9-Jan-10
16	2:44.43	Spendiff, Mathew	UCAC	89	21	F	10	Dino Classic	Calgary, AB	9-Jan-10
17	2:47.73	Galea, Matthew	CW	93	17	F	2	Sled Dog	Saskatoon, SK	29-Jan-10
18	2:50.16	Hurdle, Chris	LTH	93	17	F	13	Dino Classic	Calgary, AB	9-Jan-10
19	2:51.46	Werner, Tom	MED	92	18	F	3	Sled Dog	Saskatoon, SK	29-Jan-10
20	2:53.13	Inhaber, Josh	UCAC	89	21	F	5	Kinsmen Indoor Games	Regina, SK	12-Feb-10
21	2:53.25	Fitzgibbon, Chris	CAL	94	16	F	14	Dino Classic	Calgary, AB	9-Jan-10
22	2:53.51	Tume, Merhoui	CAL	92	18	F	15	Dino Classic	Calgary, AB	9-Jan-10
23	2:53.81	Wiley, Bryn	UCAC	94	16	F	16	Dino Classic	Calgary, AB	9-Jan-10
24	2:53.83	Penner, Isaac	EH	96	14	F	2	Alberta Indoor Games	Edmonton, AB	13-Feb-10
25	2:53.90	Cakmak, Timurlane	LED	95	15	F	3	Alberta Indoor Games	Edmonton, AB	13-Feb-10
26	2:55.40	Foster, Sean	CAL	94	16	F	3	Alberta Indoor Games	Edmonton, AB	13-Feb-10
27	2:55.85	Thomas, Craig	UCAC	90	20	M		Golden Bear Open	Edmonton, AB	15-Jan-10
28	2:56.33	Charanduk, Matthew	UCAC	94	16	F	18	Dino Classic	Calgary, AB	9-Jan-10
29	2:58.32	Smith, Tyler	LED	94	16	F	21	Dino Classic	Calgary, AB	9-Jan-10
30	2:59.00	Olguin, Cuahti	CAL	95	15	F	4	Alberta Indoor Games	Edmonton, AB	13-Feb-10
31	2:59.94	Ferreira, Henry	NEAT	88	22	F		Potts Indoor Invitational	Boulder, CO	22-Jan-10
32	3:01.48	Slavin, Matt	UCAC	93	17	F	23	Dino Classic	Calgary, AB	9-Jan-10
33	3:01.89	Quick, Michael	CS	95	15	F	1	Dino Classic	Calgary, AB	9-Jan-10
34	3:03.66	Hilton, Trevor	CW	95	15	F	2	Dino Classic	Calgary, AB	9-Jan-10
35	3:06.11	Marchi, Jay	RED	92	18	F	24	Dino Classic	Calgary, AB	9-Jan-10
36	3:06.95	McConnell, Graeme	UCAC	94	16	F	25	Dino Classic	Calgary, AB	9-Jan-10
37	3:08.19	Russell, Cliff	ET	53	57	F	1	Alberta Indoor Games	Edmonton, AB	13-Feb-10
38	3:08.38	Dargie, Barrie	CRR	44	66	F	2	Alberta Indoor Games	Edmonton, AB	13-Feb-10
39	3:09.44	Biddulph, Adam	LED	94	16	F	26	Dino Classic	Calgary, AB	9-Jan-10
40	3:11.34	Bickley, ED	CRR	58	52	F	2	Dino Classic	Calgary, AB	9-Jan-10
41	3:16.27	Westaway, Callum	CS	97	13	F	1	Dino Classic	Calgary, AB	9-Jan-10
42	3:17.39	Nickel, Aidan	CAL	95	15	F	4	Dino Classic	Calgary, AB	9-Jan-10
43	3:21.81	Ross, Graham	CW	96	14	F	2	Dino Classic	Calgary, AB	9-Jan-10
44	3:22.25	Rodin, Isaac	CW	95	15	F	6	Dino Classic	Calgary, AB	9-Jan-10
45	3:24.30	Crook, Cody	CW	95	15	F	7	Dino Classic	Calgary, AB	9-Jan-10
46	3:25.10	Bester, Brent	CAL	95	15	F	8	Dino Classic	Calgary, AB	9-Jan-10
47	3:25.56	Payne, Stephen	CW	95	15	F	9	Dino Classic	Calgary, AB	9-Jan-10
48	3:27.33	Biddulph, Tyler	LED	96	14	F	6	Alberta Indoor Games	Edmonton, AB	13-Feb-10
49	3:45.40	McCann, Liam	CAC	92	18	F	27	Dino Classic	Calgary, AB	9-Jan-10
50	3:46.44	Vogelgesang, Max	CAL	97	13	F	1	Dino Classic	Calgary, AB	9-Jan-10
51	3:48.44	Meister, Patrick	CAL	97	13	F	2	Dino Classic	Calgary, AB	9-Jan-10
52	3:48.78	Thuna, Sean	CAL	97	13	F	3	Dino Classic	Calgary, AB	9-Jan-10
53	3:48.80	Ward, Calum	LED	97	13	F	4	Dino Classic	Calgary, AB	9-Jan-10
54	3:51.03	Milne, Peter	MAS	48	62	F	3	Alberta Indoor Games	Edmonton, AB	13-Feb-10
55	3:55.05	Meister, Ben	CAL	98	12	F	2	Dino Classic	Calgary, AB	9-Jan-10
56	3:55.78	Davies, Roger	CRR	35	75	F	3	Dino Classic	Calgary, AB	9-Jan-10
57	3:57.58	Raitz, Stephen	LED	96	14	F	5	Dino Classic	Calgary, AB	9-Jan-10
58	4:03.61	Bhatla, Michael	CAL	97	13	F	5	Dino Classic	Calgary, AB	9-Jan-10
59	4:09.10	Budgen, Alex	PAS	96	14	F	6	Dino Classic	Calgary, AB	9-Jan-10

## 2010 Indoor Rankings

## Men 1200m Run

1	3:30.17	Basher, Mitchell	EH	95	15	F	1	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
2	3:30.73	Quick, Michael	CS	95	15	F	2	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
3	3:33.15	Cakmak, Timurlane	LED	95	15	F	3	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
4	3:33.74	Hilton, Trevor	CW	95	15	F	4	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
5	3:34.62	Penner, Isaac	EH	96	14	F	2	Alberta Indoor Games	Edmonton, AB	13-Feb-10
6	3:38.13	Erickson, Boyd	STA	95	15	F	6	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
7	3:38.18	Olguin, Cuauhti	CAL	95	15	F	7	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
8	3:42.18	Sperling, Ben	STA	95	15	F	8	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
9	3:46.02	Earl-Nager, Kane	LTH	95	15	F	2	Jack Simpson Open	Calgary, AB	23-Jan-10
10	3:49.20	Payne, Stephen	CW	95	15	F	10	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
11	3:52.31	Ross, Graham	CW	96	14	F	11	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
12	3:52.33	Evans, Derrick	RED	96	14	F	6	Golden Bear Open	Edmonton, AB	15-Jan-10
13	3:58.44	Padgett, Josh	EH	96	14	F	5	Alberta Indoor Games	Edmonton, AB	13-Feb-10
14	3:58.57	Crook, Cody	CW	95	15	F	15	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
15	3:59.85	Bester, Brent	CAL	95	15	F	16	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
16	4:04.41	Winter, Neyland	ET	96	14	F	17	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
17	4:05.61	Rodin, Isaac	CW	95	15	F	7	Jack Simpson Open	Calgary, AB	23-Jan-10
18	4:29.96	Biddulph, Tyler	LED	96	14	F	3	Jack Simpson Open	Calgary, AB	23-Jan-10
19	4:35.05	Bentley, Cooper	UN-AB	97	13	F	1	Jack Simpson Open	Calgary, AB	23-Jan-10
20	4:35.18	Vogelgesang, Max	CAL	97	13	F	2	Jack Simpson Open	Calgary, AB	23-Jan-10
21	4:39.68	Meister, Patrick	CAL	97	13	F	3	Jack Simpson Open	Calgary, AB	23-Jan-10
22	4:45.41	Meister, Ben	CAL	98	12	F	2	Jack Simpson Open	Calgary, AB	23-Jan-10

## 2010 Indoor Rankings

## Men 1500m Run

1	3:55.37	Robertson, Karl	LED	91	19	F	1	Bison Classic	Winnipeg, MB	6-Feb-10
2	4:00.75	Weikum, Jamie	ET	89	21	F	4	Canada West Championships	Edmonton, AB	26-Feb-10
3	4:01.42	Theriault, Madison	CAL	88	22	F	3	Golden Bear Open	Edmonton, AB	15-Jan-10
4	4:02.84	McKay, Travis	ET	85	25	F	5	Golden Bear Open	Edmonton, AB	15-Jan-10
5	4:04.18	Kerr, Geoff	UCAC	84	26	F	1	Jack Simpson Open	Calgary, AB	23-Jan-10
6	4:05.18	Dorosz, Sam	LTH	90	20	F	8	Canada West Championships	Edmonton, AB	26-Feb-10
7	4:05.69	Riker-Fox, Joshua	UCAC	83	27	F	7	Bison Classic	Winnipeg, MB	6-Feb-10
8	4:06.58	Peterson, Cole	EH	93	17	F	1	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
9	4:08.26	Dib, Abdelkader	CAL	89	21	F	3	Alberta Indoor Games	Edmonton, AB	13-Feb-10
10	4:08.47	Majock, Nyal	CAL	90	20	F	4	Alberta Indoor Games	Edmonton, AB	13-Feb-10
11	4:09.16	Elford, Adam	UCAC	88	22	F	11	Bison Classic	Winnipeg, MB	6-Feb-10
12	4:09.20	Hadfield, Gareth	CAL	92	18	F	1	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
13	4:12.04	Muldrew, Shawn	ET	65	45	F	2	World Masters Indoor Champ.	Kamloops, BC	1-Mar-10
14	4:13.84	Nicol, Scott	UCAC	88	22	F	20	Canada West Championships	Edmonton, AB	26-Feb-10
15	4:14.98	Bocksnick, Jackson	LTH	92	18	F	17	Golden Bear Open	Edmonton, AB	15-Jan-10
16	4:16.07	Hacking, Donovan	LED	92	18	F	3	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
17	4:17.94	Mangiel, Paul	CS	91	19	F	4	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
18	4:20.72	Galea, Matthew	CW	93	17	F	2	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
19	4:21.25	Erickson, Kyle	STA	92	18	F	5	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
20	4:24.09	Tume, Merhoui	CAL	92	18	F	6	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
21	4:26.16	Hurdle, Chris	LTH	93	17	F	3	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
22	4:27.19	Hundie, Phillippos	CS	94	16	F	4	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
23	4:29.15	Werner, Tom	MED	92	18	F	5	Sled Dog	Saskatoon, SK	29-Jan-10
24	4:29.18	Miller, Travis	MAC	93	17	F	5	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
25	4:30.44	Werner, Thomas	MED	92	18	F	7	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
26	4:30.65	Ross, Kyle	PCTF	91	19	F	2	Golden Bear Open	Edmonton, AB	15-Jan-10
27	4:31.38	Weicker, Aaron	STA	92	18	F	3	Golden Bear Open	Edmonton, AB	15-Jan-10
28	4:31.95	Jama, Jason	UN-AB	91	19	F	11	Alberta Indoor Games	Edmonton, AB	13-Feb-10
29	4:33.15	Inhaber, Josh	UCAC	89	21	F	23	Kinsmen Indoor Games	Regina, SK	12-Feb-10
30	4:35.06	Medinski, Micah	MAC	93	17	F	6	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
31	4:35.15	Guss, David	ARA	60	50	F	2	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
32	4:35.20	Maier, Carson	NEAT	92	18	F	10	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
33	4:35.67	Fitzgibbon, Chris	CAL	94	16	F	7	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
34	4:36.40	Regehr, Bentley	UN-AB	91	19	F	11	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
35	4:36.95	Neal, Sam	CITC	93	17	F	9	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
36	4:38.23	Foster, Sean	CAL	94	16	F	2	Alberta Indoor Games	Edmonton, AB	13-Feb-10
37	4:38.42	Charanduk, Matthew	UCAC	94	16	F	3	Golden Bear Open	Edmonton, AB	15-Jan-10
38	4:38.44	Wiley, Bryn	UCAC	94	16	F	10	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
39	4:39.97	Basher, Mitchell	EH	95	15	F	1	Sled Dog	Saskatoon, SK	29-Jan-10
40	4:40.16	McConnell, Graeme	UCAC	94	16	F	12	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
41	4:42.26	Slavin, Matt	UCAC	93	17	F	14	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
42	4:42.29	Penner, Isaac	EH	96	14	F	2	Sled Dog	Saskatoon, SK	29-Jan-10
43	4:42.79	Madsen, Will	MAC	94	16	F	16	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
44	4:44.29	Biddulph, Adam	LED	94	16	F	17	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
45	4:45.19	King, Kameron	MAC	93	17	F	18	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
46	4:46.44	Aucoin, Curtis	ET	93	17	F	7	Golden Bear Open	Edmonton, AB	15-Jan-10
47	4:50.26	Marchi, Jay	RED	92	18	F	8	Golden Bear Open	Edmonton, AB	15-Jan-10
48	4:50.62	Desandoli, Roberto	CHI	87	23	F	16	Jack Simpson Open	Calgary, AB	23-Jan-10
49	4:51.59	Bickley, ED	CRR	58	52	F	2	Jack Simpson Open	Calgary, AB	23-Jan-10
50	4:55.13	Martin, Nicholas	UN-AB	90	20	F	6	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
51	4:55.92	Holmes, Bob	ET	54	56	F	1	Alberta Indoor Games	Edmonton, AB	13-Feb-10
52	4:56.18	Fenske, Bryan	ET	89	21	F	30	Golden Bear Open	Edmonton, AB	15-Jan-10
53	4:56.21	Winter, Robert	ET	94	16	F	19	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
54	4:56.28	King, Maxwell	MAC	93	17	F	20	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
55	4:56.42	Epp, Adam	MAC	94	16	F	21	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
56	4:58.09	Dargie, Barrie	CRR	44	66	F	1	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
57	4:58.10	Grant, Jamie	ARA	79	31	F	7	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
58	4:58.48	Corcoran, Bill	WS	61	49	F	3	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
59	5:09.14	Russell, Cliff	ET	53	57	F	32	Golden Bear Open	Edmonton, AB	15-Jan-10
60	5:14.74	Padgett, Josh	EH	96	14	F	5	Sled Dog	Saskatoon, SK	29-Jan-10
61	5:42.36	McCann, Liam	CAC	92	18	F	15	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
62	5:54.06	Milne, Peter	MAS	48	61	F	7	World Masters Indoor Champ.	Kamloops, BC	1-Mar-10
63	6:04.86	Davies, Roger	CRR	35	75	F	3	Alberta Indoor Games	Edmonton, AB	13-Feb-10

## 2010 Indoor Rankings

**Men 2000m Run**

1	6:32.17	Penner, Isaac	EH	96	14	F	1	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
2	6:32.59	Hilton, Trevor	CW	95	15	F	2	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
3	6:37.06	Evans, Derrick	RED	96	14	F	3	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
4	6:43.18	Payne, Stephen	CW	95	15	F	5	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
5	6:55.20	Ross, Graham	CW	96	14	F	6	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
6	7:07.89	Bester, Brent	CAL	95	15	F	8	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
7	7:10.41	Crook, Cody	CW	95	15	F	9	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
8	7:40.72	Biddulph, Tyler	LED	96	14	F	7	Golden Bear Open	Edmonton, AB	15-Jan-10

## 2010 Indoor Rankings

## Men 3000m Run

1	8:33.66	Weikum, Jamie	ET	89	21	F	2	Canada West Championships	Edmonton, AB	26-Feb-10
2	8:56.64	Hadfield, Gareth	CAL	92	18	F	3	Alberta Indoor Games	Edmonton, AB	13-Feb-10
3	8:57.34	Majock, Nyial	CAL	90	20	F	4	Alberta Indoor Games	Edmonton, AB	13-Feb-10
4	8:58.70	Dib, Abdelkader	CAL	89	21	F	2	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
5	9:19.99	Elford, Adam	UCAC	88	22	F	3	Kinsmen Indoor Games	Regina, SK	12-Feb-10
6	9:28.40	Galea, Matthew	CW	93	17	F	1	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
7	9:36.03	Tume, Merhoui	CAL	92	18	F	2	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
8	9:49.51	Werner, Tom	MED	92	18	F	7	Kinsmen Indoor Games	Regina, SK	12-Feb-10
9	9:49.77	McCann, Liam	CAC	92	18	F	7	Alberta Indoor Games	Edmonton, AB	13-Feb-10
10	9:52.56	Ross, Kyle	PCTF	91	19	F	8	Alberta Indoor Games	Edmonton, AB	13-Feb-10
11	9:54.08	Regehr, Bentley	UN-AB	91	19	F	4	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
12	9:54.75	Wiley, Bryn	UCAC	94	16	F	2	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
13	9:56.97	Guss, David	ARA	60	50	F	2	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
14	9:59.03	Medinski, Micah	MAC	93	17	F	4	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
15	10:02.95	Charanduk, Matthew	UCAC	94	16	F	2	Golden Bear Open	Edmonton, AB	15-Jan-10
16	10:04.66	McConnell, Graeme	UCAC	94	16	F	5	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
17	10:09.33	Slavin, Matt	UCAC	93	17	F	6	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
18	10:27.61	Maier, Carson	NEAT	92	18	F	2	Golden Bear Open	Edmonton, AB	15-Jan-10
19	10:31.83	Biddulph, Adam	LED	94	16	F	4	Golden Bear Open	Edmonton, AB	15-Jan-10
20	10:33.22	Bickley, ED	CRR	58	52	F	1	Golden Bear Open	Edmonton, AB	15-Jan-10
21	10:35.50	Fenske, Bryan	ET	89	21	F	4	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
22	10:53.02	Dargie, Barrie	CRR	44	65	F	1	World Masters Indoor Champ.	Kamloops, BC	1-Mar-10
23	11:09.30	Martin, Nicholas	UN-AB	90	20	F	9	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
24	12:27.50	Davies, Roger	CRR	35	74	F	2	World Masters Indoor Champ.	Kamloops, BC	1-Mar-10
25	12:44.38	Milne, Peter	MAS	48	61	F	7	World Masters Indoor Champ.	Kamloops, BC	1-Mar-10

**Men 1 Mile Run**

1 4:18.25 Holm, David

CW 86 24 F 6 ISU Classic

Ames, IA

12-Feb-10

## 2010 Indoor Rankings

**Men 1500m Walk**

1	7:14.22	Bodet, Glen	ERC	61	49	F	1	Golden Bear Open	Edmonton, AB	15-Jan-10
2	7:48.84	Charrois, Henry	ERC	51	59	F	2	Golden Bear Open	Edmonton, AB	15-Jan-10
3	8:08.98	Winchester, Colin	ERC	54	56	F	3	Golden Bear Open	Edmonton, AB	15-Jan-10
4	9:27.69	Harmse, Albert	NEAT	55	55	F	4	Golden Bear Open	Edmonton, AB	15-Jan-10
5	9:27.70	Davis, Gary	ERC	54	56	F	5	Golden Bear Open	Edmonton, AB	15-Jan-10
6	10:08.97	Roberts, Richard	MAS	42	68	F	6	Golden Bear Open	Edmonton, AB	15-Jan-10

**Men 3000m Walk**

1	13:52.11	Bodet, Glen	ERC	61	48	F	4	World Masters Indoor Champ.	Kamloops, BC	1-Mar-10
2	14:14.16	Kenney, James	ARA	56	53	F	3	World Masters Indoor Champ.	Kamloops, BC	1-Mar-10
3	16:03.39	Keenan, Dave	HRC	57	53	F	2	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
4	16:48.00	Charrois, Henry	ERC	51	59	F	3	Alberta Indoor Games	Edmonton, AB	13-Feb-10
5	16:51.94	Winchester, Colin	ERC	54	56	F	4	Alberta Indoor Games	Edmonton, AB	13-Feb-10
6	17:54.29	Harmse, Albert	NEAT	55	55	F	3	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
7	19:44.87	Davis, Gary	ERC	54	56	F	4	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
8	20:53.50	Roberts, Richard	MAS	42	67	F	10	World Masters Indoor Champ.	Kamloops, BC	1-Mar-10

**Men 10000m Walk**

1	50:12.90	Bodet, Glen	ERC	61	48	F	4	World Masters Indoor Champ.	Kamloops, BC	1-Mar-10
2	52:27.20	Kenney, James	ARA	56	53	F		World Masters Indoor Champ.	Kamloops, BC	1-Mar-10

## 2010 Indoor Rankings

## Men 60m Hurdles

1	8.34	Hinton, Jackson	EITC	81	29	F	6	K of C Indoor Games	Saskatoon, SK	4-Feb-10	1.07m
2	8.35	Joseph, Nigel	CITC	86	24	F	5	MWC Championships	Albuquerque, NM	25-Feb-10	1.07m
3	8.56	King, Garrett	EOC	93	17	F	1	Alberta Indoor Games	Edmonton, AB	13-Feb-10	.91m
4	8.84	Coy, Jesaiah	COTC	93	17	F	2	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	.91m
5	8.84	Thomas, Craig	UCAC	90	20	F	3	Sled Dog	Saskatoon, SK	29-Jan-10	1.07m
6	8.86	Clark, Steven	CAL	91	19	F	1	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	.99m
7	8.86	Ferreira, Henry	NEAT	88	22	F		Potts Indoor Invitational	Boulder, CO	22-Jan-10	1.07m
8	8.91	Tasker, Ryan	UCAC	91	19	F	2	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	.99m
9	8.98	McKay, Ryan	CAL	93	17	F	3	Golden Bear Open	Edmonton, AB	15-Jan-10	.91m
10	9.29	Goodwin, Lyndon	UCAC	92	18	F	1	Kinsmen Indoor Games	Regina, SK	12-Feb-10	.99m
11	9.60	Clements, Bryce	CAL	94	16	F	5	Golden Bear Open	Edmonton, AB	15-Jan-10	.91m
12	10.12	Black, Murray	MAS	59	50	P	12	World Masters Indoor Champ.	Kamloops, BC	1-Mar-10	.99m
13	10.15	Minton, Corey	CW	91	19	F	3	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	.99m
14	10.41	Laramee, Eric	NEAT	94	16	F	6	Golden Bear Open	Edmonton, AB	15-Jan-10	.91m
15	10.43	Mason, Nakoda	PAS	96	14	F	1	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	.84m
16	10.57	Dunlop, Benjamin	COTC	94	16	F	7	Golden Bear Open	Edmonton, AB	15-Jan-10	.91m
17	10.65	Reid, Jacob	COTC	97	13	F	1	Sled Dog	Saskatoon, SK	29-Jan-10	.76m
18	10.66	Harriott, Tyree	EOC	97	13	F	1	Golden Bear Open	Edmonton, AB	15-Jan-10	.76m
19	11.03	Collin, Lewis	EOC	98	12	F	2	Golden Bear Open	Edmonton, AB	15-Jan-10	.76m
20	11.12	Westaway, Callum	CS	97	13	F	3	Golden Bear Open	Edmonton, AB	15-Jan-10	.76m
21	11.25	Hoskins, Jordan	CS	96	14	F	7	Golden Bear Open	Edmonton, AB	15-Jan-10	.84m
22	11.40	Kinley, George	NEAT	92	18	F	2	Alberta Indoor Games	Edmonton, AB	13-Feb-10	.99m
23	11.54	Buettner, Nicholas	CAL	95	15	F	3	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	.84m
24	11.74	Dubeau, Marc	NEAT	94	16	F	6	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	.91m
25	12.13	Schuh, Joshua	PAS	97	13	F	5	Golden Bear Open	Edmonton, AB	15-Jan-10	.76m
26	12.21	Cuciz, Nicholas	STA	97	13	F	6	Golden Bear Open	Edmonton, AB	15-Jan-10	.76m
27	12.29	Bester, Brent	CAL	95	15	F	5	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	.84m
28	12.37	Stephen, Brent	CAL	96	14	F	6	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	.84m
29	12.91	Hoskins, Tyson	CS	98	12	F	7	Golden Bear Open	Edmonton, AB	15-Jan-10	.76m
30	13.08	Budgen, Alex	PAS	96	14	F	9	Golden Bear Open	Edmonton, AB	15-Jan-10	.84m
31	14.53	Monias, Daniel	CNCS	97	13	F	9	Golden Bear Open	Edmonton, AB	15-Jan-10	.76m

## 2010 Indoor Rankings

## Men High Jump

1	*	1.85m	Fawcett, Sean	LTH	91	19	F	2	Olympic Oval Field Meet	Calgary, AB	7-Feb-10
1	*	1.85m	Gillfillan, Kale	PCTF	93	17	F	2	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
1	*	1.85m	Rigaux, Todd	UCAC	95	20	F	3	Sled Dog	Saskatoon, SK	29-Jan-10
1	*	1.85m	Babcock, Sam	UCAC	93	17	F	1	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
1	*	1.85m	Popkes, Dillon	CAL	91	19	F	1	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
1	*	1.85m	Hayes, Connor	UN-AB	93	17	F	1	Golden Bear Open	Edmonton, AB	15-Jan-10
7		1.74m	Tasker, Ryan	UCAC	91	19	F	12	Canada West Championships	Edmonton, AB	26-Feb-10
8		1.72m	Ferreira, Henry	NEAT	88	22	F		Potts Indoor Invitational	Boulder, CO	22-Jan-10
9		1.70m	Bertin, Khalil	EOC	94	16	F	2	Golden Bear Open	Edmonton, AB	15-Jan-10
10		1.67m	Thomas, Craig	UCAC	90	20	M		Golden Bear Open	Edmonton, AB	15-Jan-10
11	*	1.65m	Bymoen, Alex	CAL	94	16	F	4	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
11	*	1.65m	Boyd, Brandon	PCTF	94	16	F	4	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
13	*	1.60m	Huber, Nicholas	EOC	96	14	F	1	Golden Bear Open	Edmonton, AB	15-Jan-10
13	*	1.60m	Dubeau, Marc	NEAT	94	16	F	6	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
15		1.56m	Black, Murray	MAS	59	51	F	1	Golden Bear Open	Edmonton, AB	15-Jan-10
16		1.55m	Crawford, Drew	CAL	94	16	F	4	Alberta Indoor Games	Edmonton, AB	13-Feb-10
17	*	1.53m	Harriott, Tyree	EOC	97	13	F	2	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
17	*	1.53m	Peter, Heinz-Juergen	UN-AB	48	62	F	2	Golden Bear Open	Edmonton, AB	15-Jan-10
19	*	1.50m	Dinn, Ryan	LYJ	93	17	F	5	Alberta Indoor Games	Edmonton, AB	13-Feb-10
19	*	1.50m	Caufield, Adam	EOC	96	14	F	2	Alberta Indoor Games	Edmonton, AB	13-Feb-10
21	*	1.45m	Westaway, Callum	CS	97	13	F	3	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
21	*	1.45m	Hansen, Jordan	LED	96	14	F	3	Golden Bear Open	Edmonton, AB	15-Jan-10
21	*	1.45m	Parks, Corey	EOC	96	14	F	3	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
24	*	1.40m	Mason, Nakoda	PAS	96	14	F	5	Golden Bear Open	Edmonton, AB	15-Jan-10
25	*	1.40m	Springer, Matthew	CAL	95	15	F	5	Alberta Indoor Games	Edmonton, AB	13-Feb-10
26	*	1.35m	Reid, Jacob	COTC	97	13	F	5	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
26	*	1.35m	Huo, Jeremiah	RED	97	13	F	4	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
26	*	1.35m	Meister, Charlie	CAL	95	15	F	6	Alberta Indoor Games	Edmonton, AB	13-Feb-10
26	*	1.35m	Burger, Aidan	STA	97	13	F	5	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
26	*	1.35m	Bester, Brent	CAL	95	15	F	6	Alberta Indoor Games	Edmonton, AB	13-Feb-10
31	*	1.30m	Budgen, Alex	PAS	96	14	F	7	Golden Bear Open	Edmonton, AB	15-Jan-10
31	*	1.30m	Hoskins, Jordan	CS	96	14	F	10	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
33	*	1.25m	Padgett, Josh	EH	96	14	F	3	Sled Dog	Saskatoon, SK	29-Jan-10
33	*	1.25m	Johnstone, Connor	PAS	97	13	F	4	Alberta Indoor Games	Edmonton, AB	13-Feb-10
33	*	1.25m	Posyluzny, Brayden	RED	97	13	F	10	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
33	*	1.25m	Cuciz, Nicholas	STA	97	13	F	4	Alberta Indoor Games	Edmonton, AB	13-Feb-10
33	*	1.25m	Hebert, Garrett	STA	98	12	F	9	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
38	*	1.20m	Godziuk, Gregory	LYJ	97	13	F	3	Golden Bear Open	Edmonton, AB	15-Jan-10
38	*	1.20m	Meister, Ben	CAL	98	12	F	6	Alberta Indoor Games	Edmonton, AB	13-Feb-10
38	*	1.20m	Schuh, Joshua	PAS	97	13	F	3	Golden Bear Open	Edmonton, AB	15-Jan-10
38	*	1.20m	Stephen, Brent	CAL	96	14	F	12	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
38	*	1.20m	Hoskins, Tyson	CS	98	12	F	3	Golden Bear Open	Edmonton, AB	15-Jan-10
43	*	1.15m	Thuna, Sean	CAL	97	13	F	12	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
43	*	1.15m	Meister, Patrick	CAL	97	13	F	12	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
43	*	1.15m	Pop, Luca	COTC	98	12	F	17	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
43	*	1.15m	Waselenchuk, Quinn	STA	98	12	F	16	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
43	*	1.15m	Collin, Lewis	EOC	98	12	F	15	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
48	*	1.10m	Wessner, Lucas	RED	98	12	F	18	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
49	*	1.05m	Roberts, Richard	MAS	42	68	F	1	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
50	*	1.00m	Monias, Daniel	CNCS	97	13	F	10	Golden Bear Open	Edmonton, AB	15-Jan-10
50	*	1.00m	Saddleback, Ashton	CNCS	98	12	F	10	Golden Bear Open	Edmonton, AB	15-Jan-10
50	*	1.00m	Willier, Gerald	CNCS	98	12	F	10	Golden Bear Open	Edmonton, AB	15-Jan-10
50	*	1.00m	Setter, Dustin	LED	95	12	F	12	Alberta Indoor Games	Edmonton, AB	13-Feb-10
54	*	.90m	Stanley, Leroy	CNCS	97	13	F	25	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
54	*	.90m	Ward, Calum	LED	97	13	F	15	Alberta Indoor Games	Edmonton, AB	13-Feb-10

2010 Indoor Rankings

**Men Pole Vault**

1	5.04m	Theodore, Deryk	EITC	89	21	F	2	Golden Bear Open	Edmonton, AB	15-Jan-10
2	3.70m	Goodwin, Lyndon	UCAC	92	18	F	1	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
3	3.40m	Choi, Andrew	EITC	92	18	F	2	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
4	3.30m	Ferreira, Henry	NEAT	88	22	F		Potts Indoor Invitational	Boulder, CO	22-Jan-10
5	3.10m	Salmon, Trevor	UN-AB	61	48	F	4	World Masters Indoor Champ.	Kamloops, BC	1-Mar-10
6	2.65m	Black, Murray	MAS	59	51	F	1	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
7	2.15m	Charrois, Henry	ERC	51	59	F	2	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
8	2.04m	Roberts, Richard	MAS	42	68	F	14	Golden Bear Open	Edmonton, AB	15-Jan-10

## 2010 Indoor Rankings

## Men Long Jump

1	6.85m	Skory, Kale	UN-AB	92	18	F	1	Alberta Indoor Games	Edmonton, AB	13-Feb-10	
2	*	6.50m	McKay, Ryan	CAL	93	17	F	1	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
2	*	6.50m	Popkes, Dillon	CAL	91	19	F	2	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
4		6.40m	Johnston, Trent	UCAC	90	20	F	5	Golden Bear Open	Edmonton, AB	15-Jan-10
5		6.39m	Thomas, Craig	UCAC	90	20	M		Golden Bear Open	Edmonton, AB	15-Jan-10
6		6.09m	Clark, Adam	UCAC	90	20	F	10	Golden Bear Open	Edmonton, AB	15-Jan-10
7		6.07m	Emslie, Warren	PCTF	91	19	F	3	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
8		5.99m	Kinley, George	NEAT	92	18	F	2	Golden Bear Open	Edmonton, AB	15-Jan-10
9		5.97m	Dumbaya, Abu	CAC	92	18	F	2	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
10		5.93m	Eng, Preston	UCAC	91	19	F	13	Canada West Championships	Edmonton, AB	26-Feb-10
11		5.91m	Uffelman, Chase	CS	92	18	F	4	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
12		5.89m	Babcock, Sam	UCAC	93	17	F	2	Alberta Indoor Games	Edmonton, AB	13-Feb-10
13		5.84m	Choi, Andrew	EITC	92	18	F	5	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
14		5.76m	Hartling, Dylan	EH	94	16	F	3	Alberta Indoor Games	Edmonton, AB	13-Feb-10
15	*	5.71m	Dinn, Ryan	LYJ	93	17	F	4	Alberta Indoor Games	Edmonton, AB	13-Feb-10
15	*	5.71m	Ferreira, Henry	NEAT	88	22	F		Potts Indoor Invitational	Boulder, CO	22-Jan-10
17		5.69m	Laramée, Eric	NEAT	94	16	F	5	Alberta Indoor Games	Edmonton, AB	13-Feb-10
18		5.68m	Barrios, Willy	RED	91	19	F	6	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
19		5.65m	Eng, Preston	UCAC	91	19	F	13	Golden Bear Open	Edmonton, AB	15-Jan-10
20		5.61m	Ohr, Shane	EH	93	17	F	3	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
21		5.59m	Izat, Josh	UCAC	92	18	F	7	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
22		5.57m	Smith, Tyler	LED	94	16	F	6	Alberta Indoor Games	Edmonton, AB	13-Feb-10
23		5.52m	Gilfillan, Kale	PCTF	93	17	F	4	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
24		5.48m	Bymoén, Alex	CAL	94	16	F	6	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
25		5.45m	Black, Murray	MAS	59	51	F	5	Snow Fling	Edmonton, AB	10-Jan-10
26		5.42m	Kellner, Thomas	CAL	94	16	F	6	Golden Bear Open	Edmonton, AB	15-Jan-10
27		5.38m	Huber, Nicholas	EOC	96	14	F	3	Golden Bear Open	Edmonton, AB	15-Jan-10
28		5.32m	Bertin, Khalil	EOC	94	16	F	6	Snow Fling	Edmonton, AB	10-Jan-10
29		5.22m	Chell, Gerald	CNCS	91	19	F	5	Golden Bear Open	Edmonton, AB	15-Jan-10
30		5.17m	Crawford, Drew	CAL	94	16	F	8	Alberta Indoor Games	Edmonton, AB	13-Feb-10
31		5.14m	Dubeau, Marc	NEAT	94	16	F	7	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
32		5.03m	Zimmer, Jake	CS	95	15	F	4	Golden Bear Open	Edmonton, AB	15-Jan-10
33		4.93m	Clements, Bryce	CAL	94	16	F	8	Golden Bear Open	Edmonton, AB	15-Jan-10
34		4.90m	Lawrence, Alex	NEAT	92	18	F	5	Alberta Indoor Games	Edmonton, AB	13-Feb-10
35		4.81m	Harriott, Tyree	EOC	97	13	F	1	Golden Bear Open	Edmonton, AB	15-Jan-10
36		4.79m	Trapp, Robert	MAS	61	48	F	9	World Masters Indoor Champ.	Kamloops, BC	1-Mar-10
37		4.77m	Stanley, Navarone	CNCS	91	19	F	7	Golden Bear Open	Edmonton, AB	15-Jan-10
38		4.71m	Parks, Corey	EOC	96	14	F	5	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
39		4.69m	Fisher, Erik	RED	94	16	F	9	Golden Bear Open	Edmonton, AB	15-Jan-10
40		4.68m	Mason, Nakoda	PAS	96	14	F	6	Golden Bear Open	Edmonton, AB	15-Jan-10
41		4.62m	Springer, Matthew	CAL	95	15	F	7	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
42		4.60m	Srey, Steventer	CAC	93	17	F	12	Alberta Indoor Games	Edmonton, AB	13-Feb-10
43		4.51m	Huo, Jeremiah	RED	97	13	F	3	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
44		4.47m	Hudson, Jeff	CW	96	14	F	9	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
45		4.32m	Cook, James	EH	95	15	F	10	Golden Bear Open	Edmonton, AB	15-Jan-10
46		4.25m	Reid, Jacob	COTC	97	13	F		Sled Dog	Saskatoon, SK	29-Jan-10
47		4.07m	Mintz, Bruce	MAS	46	64	F	1	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
48		4.05m	Caouette, Henry	CS	95	15	F	14	Golden Bear Open	Edmonton, AB	15-Jan-10
49	*	4.03m	Collin, Lewis	EOC	98	12	F	1	Alberta Indoor Games	Edmonton, AB	13-Feb-10
49	*	4.03m	Westaway, Callum	CS	97	13	F	3	Golden Bear Open	Edmonton, AB	15-Jan-10
51		4.00m	Hoskins, Jordan	CS	96	14	F	12	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
52	*	3.97m	Thuna, Sean	CAL	97	13	F	2	Alberta Indoor Games	Edmonton, AB	13-Feb-10
53	*	3.97m	Waselenchuk, Quinn	STA	98	12	F	6	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
54		3.96m	Boutin, Josep	CW	96	14	F	13	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
55	*	3.95m	Lutz, Eric	RED	98	12	F	7	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
55	*	3.95m	Milne, Peter	MAS	48	62	F	2	Alberta Indoor Games	Edmonton, AB	13-Feb-10
57		3.91m	Godziuk, Gregory	LYJ	97	13	F	4	Alberta Indoor Games	Edmonton, AB	13-Feb-10
58		3.90m	Cucz, Nicholas	STA	97	13	F	9	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
59		3.88m	Meyers, Darcy	CS	62	48	F	1	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
60		3.85m	Budgen, Alex	PAS	96	14	F	4	Alberta Indoor Games	Edmonton, AB	13-Feb-10
61		3.83m	Hoskins, Tyson	CS	98	12	F	12	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
62		3.82m	Posyluzny, Brayden	RED	97	13	F	13	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
63		3.71m	Meister, Charlie	CAL	95	15	F	14	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
64		3.62m	Meister, Patrick	CAL	97	13	F	5	Alberta Indoor Games	Edmonton, AB	13-Feb-10
65		3.60m	Meister, Ben	CAL	98	12	F	6	Alberta Indoor Games	Edmonton, AB	13-Feb-10
66		3.55m	Burger, Aidan	STA	97	13	F	16	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
67		3.50m	Wessner, Lucas	RED	98	12	F	9	Golden Bear Open	Edmonton, AB	15-Jan-10

## 2010 Indoor Rankings

68	3.45m	Gustafson, Matthew	RED	98	12	F	7	Alberta Indoor Games	Edmonton, AB	13-Feb-10
69	3.44m	Yuzyk, Geoffrey	EH	75	35	F	10	Snow Fling	Edmonton, AB	10-Jan-10
70	3.43m	Ward, Calum	LED	97	13	F	18	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
71	3.32m	Schuh, Joshua	PAS	97	13	F	12	Golden Bear Open	Edmonton, AB	15-Jan-10
72	3.23m	Stephen, Brent	CAL	96	14	F	16	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
73	3.22m	Padgett, Josh	EH	96	14	F	20	Golden Bear Open	Edmonton, AB	15-Jan-10
74	3.19m	Pop, Luca	COTC	98	12	F	25	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
75	3.16m	Hebert, Garrett	STA	98	12	F	27	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
76	3.13m	Setter, Dustin	LED	95	12	F	28	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
77	3.00m	Monias, Daniel	CNCS	97	13	F	10	Alberta Indoor Games	Edmonton, AB	13-Feb-10
78	2.90m	Saddleback, Ashton	CNCS	98	12	F	11	Alberta Indoor Games	Edmonton, AB	13-Feb-10
79	2.71m	Daniels, Jamal	CNCS	98	12	F	31	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
80	2.48m	Stanley, Leroy	CNCS	97	13	F	32	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
81	2.01m	Stanley, Quentin	CNCS	97	13	F	17	Alberta Indoor Games	Edmonton, AB	13-Feb-10
82	1.96m	Willier, Gerald	CNCS	98	12	F	12	Alberta Indoor Games	Edmonton, AB	13-Feb-10

## 2010 Indoor Rankings

**Men Triple Jump**

1	13.76m	McKay, Ryan	CAL	93	17	F	1	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
2	13.47m	Rigaux, Todd	UCAC	95	20	F	1	Sled Dog	Saskatoon, SK	29-Jan-10
3	13.32m	Clark, Adam	UCAC	90	20	F	1	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
4	13.11m	Eng, Preston	UCAC	91	19	F	2	Sled Dog	Saskatoon, SK	29-Jan-10
5	12.61m	Eng, Preston	UCAC	91	19	F	10	Canada West Championships	Edmonton, AB	26-Feb-10
6	12.23m	Laramée, Eric	NEAT	94	16	F	2	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
7	12.11m	Dinn, Ryan	LYJ	93	17	F	2	Alberta Indoor Games	Edmonton, AB	13-Feb-10
8	11.92m	Kinley, George	NEAT	92	18	F	11	Golden Bear Open	Edmonton, AB	15-Jan-10
9	11.63m	Pospilsil, Andrew	UCAC	89	21	F	8	Kinsmen Indoor Games	Regina, SK	12-Feb-10
10	11.26m	Barrios, Willy	RED	91	19	F	15	Golden Bear Open	Edmonton, AB	15-Jan-10
11	11.20m	Hayes, Connor	UN-AB	93	17	F	16	Golden Bear Open	Edmonton, AB	15-Jan-10
12	10.96m	Bettac, Sean	RED	94	16	F	3	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
13	10.50m	Chell, Gerald	CNCS	91	19	F	17	Golden Bear Open	Edmonton, AB	15-Jan-10
14	10.33m	Black, Murray	MAS	59	51	F	1	Alberta Indoor Games	Edmonton, AB	13-Feb-10
15	9.93m	Mason, Nakoda	PAS	96	14	F	2	Alberta Indoor Championships	Edmonton, AB	13-Mar-10
16	8.02m	Milne, Peter	MAS	48	61	F	8	World Masters Indoor Champ.	Kamloops, BC	1-Mar-10

## 2010 Indoor Rankings

## Men Shot Put

1	16.21m	Link, Steven	UCAC	91	19	F	1	Kinsmen Indoor Games	Regina, SK	12-Feb-10	6kg
2	14.85m	Link, Steven	UCAC	91	19	F	1	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	7.26kg
3	14.00m	Kushak, Matthew	LED	93	17	F	1	Alberta Indoor Games	Edmonton, AB	13-Feb-10	5kg
4	13.71m	Ferreira, Henry	NEAT	88	22	F		Potts Indoor Invitational	Boulder, CO	22-Jan-10	7.26kg
5	13.65m	Burnett, Wilson	CS	80	30	F	5	Golden Bear Open	Edmonton, AB	15-Jan-10	7.26kg
6	13.27m	Sceviour, Ryan	CAL	95	15	F	1	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	4kg
7	13.09m	Dubeau, Marc	NEAT	94	16	F	2	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	5kg
8	12.71m	Urbanzyk, Greg	CS	76	34	F	3	Olympic Oval Field Meet	Calgary, AB	7-Feb-10	7.26kg
9	12.52m	Jolicoeur, Simon-Daniel	CS	94	16	F	3	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	5kg
10	12.36m	Kruger, Attie	UN-AB	60	50	F	7	World Masters Indoor Champ.	Kamloops, BC	1-Mar-10	6kg
11	12.29m	Bymoan, Alex	CAL	94	16	F	4	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	5kg
12	12.14m	Thomas, Craig	UCAC	90	20	M		Golden Bear Open	Edmonton, AB	15-Jan-10	7.26kg
13	12.04m	Walker, Ron	STA	71	39	F	2	Alberta Indoor Games	Edmonton, AB	13-Feb-10	7.26kg
14	10.99m	Posyluzny, Darren	RED	68	42	F	2	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	7.26kg
15	10.20m	Diaz, Pedro	UCAC	93	17	F	1	Kinsmen Indoor Games	Regina, SK	12-Feb-10	5kg
16	10.18m	Hayes, Bryce	UN-AB	95	15	F	2	Golden Bear Open	Edmonton, AB	15-Jan-10	4kg
17	10.07m	Wilson, Kier	UN-AB	71	39	F	3	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	7.26kg
18	9.87m	Lawrence, Alex	NEAT	92	18	F	2	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	6kg
19	9.71m	Squire, Zachary	EOC	96	14	F	3	Golden Bear Open	Edmonton, AB	15-Jan-10	4kg
20	9.64m	Jackson, Victor	CNCS	92	18	F	3	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	6kg
21	9.53m	Stanley, Navarone	CNCS	91	19	F	2	Golden Bear Open	Edmonton, AB	15-Jan-10	6kg
22	9.47m	Moyah, Ryley	CNCS	95	15	F	4	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	4kg
23	9.34m	Stanley, Layne	CNCS	94	16	F	3	Golden Bear Open	Edmonton, AB	15-Jan-10	5kg
24	9.01m	Chmielewski, Ron	LTH	48	62	F	2	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	5kg
25	8.96m	Godziuk, Gregory	LYJ	97	13	F	1	Alberta Indoor Games	Edmonton, AB	13-Feb-10	3kg
26	8.91m	Zimmer, Jake	CS	95	15	F	5	Golden Bear Open	Edmonton, AB	15-Jan-10	4kg
27	8.81m	Quinney, Jarret	CNCS	93	17	F	5	Alberta Indoor Games	Edmonton, AB	13-Feb-10	5kg
28	8.74m	Marchi, Jay	RED	92	18	F	5	Golden Bear Open	Edmonton, AB	15-Jan-10	6kg
29	8.68m	Quinney, Thomas	CNCS	68	42	F	4	Alberta Indoor Games	Edmonton, AB	13-Feb-10	7.26kg
30	8.48m	Harriott, Tyree	EOC	97	13	F	2	Golden Bear Open	Edmonton, AB	15-Jan-10	3kg
31	8.43m	Hansen, Jordan	LED	96	14	F	6	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	4kg
32	8.32m	Caouette, Henry	CS	95	15	F	7	Golden Bear Open	Edmonton, AB	15-Jan-10	4kg
33	8.22m	Dion, Mackenzie	CNCS	92	18	F	2	Alberta Indoor Games	Edmonton, AB	13-Feb-10	6kg
34	8.15m	Huo, Jeremiah	RED	97	13	F	5	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	3kg
35	8.13m	Hoskins, Jordan	CS	96	14	F	7	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	4kg
36	8.09m	Black, Murray	MAS	59	51	F	5	Alberta Indoor Games	Edmonton, AB	13-Feb-10	6kg
37	8.03m	Posyluzny, Brayden	RED	97	13	F	6	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	3kg
38	7.86m	Roberts, Richard	MAS	42	68	F	1	Golden Bear Open	Edmonton, AB	15-Jan-10	5kg
39	7.76m	Stanley, Louis	CNCS	96	14	F	8	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	4kg
40	7.58m	Reid, Jacob	COTC	97	13	F	3	Alberta Indoor Games	Edmonton, AB	13-Feb-10	3kg
41	7.51m	Bester, Brent	CAL	95	15	F	6	Alberta Indoor Games	Edmonton, AB	13-Feb-10	4kg
42	7.29m	Garber, Jacob	EH	95	15	F	9	Golden Bear Open	Edmonton, AB	15-Jan-10	4kg
43	7.22m	Cook, James	EH	95	15	F	6	Sled Dog	Saskatoon, SK	29-Jan-10	4kg
44	7.10m	Burger, Aidan	STA	97	13	F	5	Alberta Indoor Games	Edmonton, AB	13-Feb-10	3kg
45	6.80m	Schuh, Joshua	PAS	97	13	F	5	Golden Bear Open	Edmonton, AB	15-Jan-10	3kg
46	6.79m	Cuciz, Nicholas	STA	97	13	F	10	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	3kg
47	6.58m	Stanley, Quentin	CNCS	97	13	F	7	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	3kg
48	6.56m	Westaway, Callum	CS	97	13	F	6	Golden Bear Open	Edmonton, AB	15-Jan-10	3kg
49	6.45m	Hoskins, Tyson	CS	98	12	F	7	Golden Bear Open	Edmonton, AB	15-Jan-10	3kg
50	6.38m	Gustafson, Matthew	RED	98	12	F	6	Alberta Indoor Games	Edmonton, AB	13-Feb-10	3kg
51	6.25m	Johnstone, Connor	PAS	97	13	F	7	Alberta Indoor Games	Edmonton, AB	13-Feb-10	3kg
52	6.23m	Mageau, Zackary	LED	96	14	F	10	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	4kg
53	6.21m	Collin, Lewis	EOC	98	12	F	16	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	3kg
54	6.19m	Scanie, Tyrel	CNCS	96	14	F	7	Alberta Indoor Games	Edmonton, AB	13-Feb-10	4kg
55	6.12m	Waselenchuk, Quinn	STA	98	12	F	18	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	3kg
56	6.04m	Budgen, Alex	PAS	96	14	F	8	Alberta Indoor Games	Edmonton, AB	13-Feb-10	4kg
57	5.94m	Wessner, Lucas	RED	98	12	F	10	Alberta Indoor Games	Edmonton, AB	13-Feb-10	3kg
58	5.87m	Hebert, Garrett	STA	98	12	F	11	Alberta Indoor Games	Edmonton, AB	13-Feb-10	3kg
59	5.86m	Daniels, Jamal	CNCS	98	12	F	19	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	3kg
60	5.79m	Setter, Dustin	LED	95	12	F	12	Alberta Indoor Games	Edmonton, AB	13-Feb-10	3kg
61	5.77m	Meister, Patrick	CAL	97	13	F	13	Alberta Indoor Games	Edmonton, AB	13-Feb-10	3kg
62	5.76m	Monias, Daniel	CNCS	97	13	F	20	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	3kg
63	5.65m	Meister, Ben	CAL	98	12	F	14	Alberta Indoor Games	Edmonton, AB	13-Feb-10	3kg
64	5.56m	Pop, Luca	COTC	98	12	F	21	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	3kg
65	5.53m	Thuna, Sean	CAL	97	13	F	15	Alberta Indoor Games	Edmonton, AB	13-Feb-10	3kg
66	5.38m	Stephen, Brent	CAL	96	14	F	11	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	4kg
67	5.37m	Willier, Gerald	CNCS	98	12	F	17	Alberta Indoor Games	Edmonton, AB	13-Feb-10	3kg

2010 Indoor Rankings

68	5.33m	Saddleback, Ashton	CNCS	98	12	F	19	Alberta Indoor Games	Edmonton, AB	13-Feb-10	3kg
69	5.25m	Setter, Dustin	LED	95	12	F	25	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	3kg
70	4.82m	Ward, Calum	LED	97	13	F	20	Alberta Indoor Games	Edmonton, AB	13-Feb-10	3kg
71	4.78m	Stanley, Leroy	CNCS	97	13	F	29	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	3kg
72	4.73m	Yuzyk, Geoffrey	EH	75	35	F	5	Snow Fling	Edmonton, AB	10-Jan-10	7.26kg

## 2010 Indoor Rankings

**Men Weight Throw**

1	20.40m	Diaz, Pedro	UCAC	93	17	F	1	Kinsmen Indoor Games	Regina, SK	12-Feb-10	9.08kg
2	18.08m	Kushak, Matthew	LED	93	17	F	2	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	9.08kg
3	17.06m	Link, Steven	UCAC	91	19	F	1	Golden Bear Open	Edmonton, AB	15-Jan-10	11.34kg
4	16.27m	Tarnava, Ryan	CHI	91	19	F	6	CIS Indoor Championships	Windsor, ON	11-Mar-10	15.88kg
5	15.06m	Burnett, Wilson	CS	80	30	F	1	Alberta Indoor Games	Edmonton, AB	13-Feb-10	15.88kg
6	13.89m	Link, Steven	UCAC	91	19	F	4	Kinsmen Indoor Games	Regina, SK	12-Feb-10	15.88kg
7	13.20m	Jolicoeur, Simon-Daniel	CS	94	16	F	3	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	9.08kg
8	13.16m	Jackson, Victor	CNCS	92	18	F	2	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	11.34kg
9	12.09m	Dion, Mackenzie	CNCS	92	18	F	1	Alberta Indoor Games	Edmonton, AB	13-Feb-10	11.34kg
10	11.60m	Chmielewski, Ron	LTH	48	62	F	1	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	9.08kg
11	11.19m	Wilson, Kier	UN-AB	71	39	F	4	Snow Fling	Edmonton, AB	10-Jan-10	15.88kg
12	10.53m	Quinney, Jarret	CNCS	93	17	F	2	Alberta Indoor Games	Edmonton, AB	13-Feb-10	9.08kg
13	10.30m	Wigg, Michael	UCAC	95	18	F	3	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	11.34kg
14	10.18m	Monias, Daniel	CNCS	97	13	F	1	Alberta Indoor Games	Edmonton, AB	13-Feb-10	5.44kg
15	10.03m	Stanley, Layne	CNCS	94	16	F	4	Alberta Indoor Games	Edmonton, AB	13-Feb-10	9.08kg
16	9.98m	Stanley, Navarone	CNCS	91	19	F	5	Golden Bear Open	Edmonton, AB	15-Jan-10	11.34kg
17	9.06m	Black, Murray	MAS	59	51	F	2	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	11.34kg
18	8.23m	Chell, Gerald	CNCS	91	19	F	6	Golden Bear Open	Edmonton, AB	15-Jan-10	11.34kg
19	7.96m	Stanley, Louis	CNCS	96	14	F	1	Alberta Indoor Games	Edmonton, AB	13-Feb-10	7.26kg
20	7.35m	Roberts, Richard	MAS	42	68	F	1	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	9.08kg
21	7.33m	Stanley, Quentin	CNCS	97	13	F	2	Alberta Indoor Games	Edmonton, AB	13-Feb-10	5.44kg
22	7.11m	Quinney, Thomas	CNCS	68	42	F	3	Alberta Indoor Games	Edmonton, AB	13-Feb-10	15.88kg
23	6.86m	Moyah, Ryley	CNCS	95	15	F	2	Alberta Indoor Championships	Edmonton, AB	13-Mar-10	7.26kg
24	6.51m	Scanie, Tyrel	CNCS	96	14	F	1	Golden Bear Open	Edmonton, AB	15-Jan-10	7.26kg
25	6.06m	Willier, Gerald	CNCS	98	12	F	2	Alberta Indoor Games	Edmonton, AB	13-Feb-10	5.44kg
26	5.69m	Saddleback, Ashton	CNCS	98	12	F	3	Alberta Indoor Games	Edmonton, AB	13-Feb-10	5.44kg

2010 Indoor Rankings

**Men Pentathlon**

1 3254 Thomas, Craig

UCAC 90 20 F 6 Golden Bear Open

Edmonton, AB

15-Jan-10